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Jury weighing fate of man charged in officer's death

COURT A jury has asked a judge to clarify some information while it decides the fate of an Alberta man charged in the murder of a northern RCMP officer two years ago.

Emrah Bulatci, 25, admitted during his trial that he shot Const. Chris Worden while the officer was chasing him in October 2007 in Hay River, N.W.T.

The jury came back yesterday afternoon to ask Justice John Vertes for a written legal definition of first-degree murder and manslaughter, with an emphasis on intent.

Worden was shot four times, but Bulatci testified he shot at the Mountie's legs two times to try to stop him, and never intended to kill him.

THE CANADIAN PRESS

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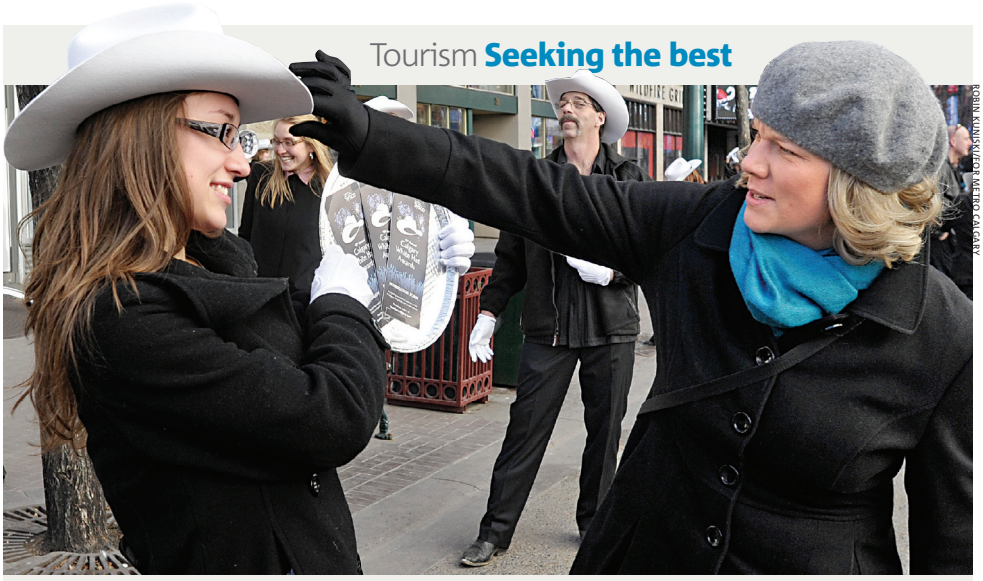

ROBIN KUNIS/FOR METRO CALGARY

Yolande Mitty, right, tries to figure out what's going on as a flash mob of 50 people filled Stephen Avenue Walk during lunch hour to promote and hand out nominations for Tourism Calgary's White Hat Awards, which honour exceptional customer service.

Fleury to file charges?

Former Flame ready to face alleged abuser in court: Report

If Theo Fleury decides to pursue criminal charges against former junior hockey coach Graham James, Sheldon Kennedy will be in his former teammate's corner.

Kennedy says he is willing to testify on behalf of Fleury, who alleges in his autobiography Playing With Fire that he was abused by James starting when he was a 14-year-old in Winnipeg.

"To me it would be supporting Theoren and I'm willing to do that," Kennedy told The Canadian Press yesterday.

James was convicted in January 1997 of more than 350 incidents of sexual abuse involving Kennedy and an unidentified Swift Current teammate, and was sentenced to 42 months in prison.

"I am prepared to testify in court under oath if that becomes necessary. I will do whatever it takes."
Theo Fleury, as quoted by the New York Post

Fleury had remained silent on the issue until the release of his book last month. Earlier this week, he told the New York Post he had hired a lawyer and was ready to face James in court.

"I was not psychologically prepared to come forward then, I was not strong enough," Fleury told the Post. "But I am now, and I will do whatever it takes, no matter what the repercussions might be.

"I will follow my attorney's instructions as we go forward, but I am prepared to testify in court under oath if that becomes necessary. I will do whatever it takes."

Fleury's publicist says there has been no final decision on whether any legal action will be taken against James.

"The legal team led by Calgary-based lawyer, Hersh Wolch, is working diligently through all the necessary steps and will advise Theoren Fleury on the situation in the weeks ahead," said Angie Lamirande.

"Whether or not Fleury will press charges or if a lawsuit will be filed is still not as simple as a yes or no answer, and the decision does not lie solely on the shoulders of Fleury."

James has not commented publicly on Fleury's allegations.

Police officials in Calgary could not confirm if they are investigating the allegations. THE CANADIAN PRESS

All children to be eligible for vaccine

Flu **Outbreak**

KRISTA SYLVESTER
krista.sylvester@metronews.ca

HEALTH Children and families are next in line to receive their H1N1 vaccinations starting Friday, according to the provincial government.

Alberta's H1N1 immunization program will expand to include all children under 18 years old as of Nov. 1, as well as their immediate family members and caregivers living in the same household.

Alberta's chief medical officer of health, Dr. Andre Corriveau, expects the province to expand the immunizations even further next week.

"We expect to be able to open it up more broadly to the general public at some point next week," he said, adding the stability of the vaccine supply has strengthened.

The province expects to have 500,000 doses of the vaccine on hand by Friday, and Corriveau says they have already immunized almost 600,000 Albertans.

"We need to reach about two-thirds before we start to notice the effectiveness ... It's critical in terms of the size of our third wave in Alberta and across Canada."

Arrangements are being made to offer the vaccine through family doctors, pharmacies and large employers who have experience with immunization programs in the "coming weeks," Corriveau added.

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Local

Free coffee at McDonald's

Thirsty Calgarians are invited to their local McDonald's for free coffee during breakfast hours until Nov. 29 as part of a national coffee sampling event. Customers can receive the free 10-ounce coffee between 5 and 10:30 a.m. at all McDonald's locations. METRO CALGARY

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

Calgary in brief

FUGITIVE The Calgary police service Fugitive Apprehension Detail issued a Canada-wide warrant for Ricky Arcand Bedard, 39, for failing to abide by his statutory release conditions. Police believe Bedard is in the Calgary area. Bedard is five-foot-nine, 205 pounds with blue eyes and brown hair, though his head may be shaved. METRO CALGARY

Calgary tweets

• @djkelly Eliminating free evening and weekend parking will undo a lot of the DT improvements seen in the last 10 years by pushing people away. #yycc

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WHAT'S ONLINE TODAY

Blogs The Global Peasant checks in with a pea soup recipe just in time to fight winter chills

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Bid to raise fines shot down

Effort to charge illegal parkers $70 rejected by aldermen

CHRIS KELLY
for Metro Calgary

A request to raise parking fines by the Calgary Parking Authority has been denied by a city hall committee.

The bid, which the CPA argued could have potentially added $1.8 million to the city budget, was soundly denied by aldermen at yesterday's Land Use, Planning and Transportation committee meeting. The CPA wanted fines increased from $50 to $70 next year and it also wanted to raise the early bird payment incentive from $40 to $45.

"The CPA seeks no benefit from this, only compliance," said Dale Fraser, general manager of the CPA. Fraser explained to the committee that the raising of the rates was meant as an enforcement tool in order to battle the slew of parking violations in Calgary's downtown core.

METRO CALGARY FILE PHOTO

A parking fine increase proposed by the Calgary Parking Authority days after announcing and downtown parking rate decrease, was dismissed by alderman at yesterday's Land Use, Planning and Transportation meeting.

However, aldermen were unconvinced.

"If it's a question of enforcement then they should issue more tickets, not raise the prices," said Andre Chabot, Ward 10 alderman.

The CPA presented the committee with the reasoning that it needed to increase its revenue because reducing the parking rates downtown could potentially cost them $1.4 million.

The lack of a report of official numbers on subjects like repeat offenders by the CPA was a sticking point for Ald. Dale Hodges.

"They mentioning having a report but I haven't seen it, and with no report and no rationale comes no fine increase," he said.

"There is no lack of revenues for the parking authority."

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Alleged gang member sent back to prison

KRISTA SYLVESTER
krista.sylvester@metronews.ca

An alleged gang member from Calgary will remain behind bars for his full sentence until next spring after the National Parole Board revoked his early release yesterday.

Roland Chin, 25, was released on statutory release in July after serving two thirds of his 32-month sentence for drugs and weapons offences, but the parole board ruled he violated his conditions and revoked his early release.

"I can confirm a two-member panel of the National Parole Board conducted a hearing with Mr. Chin yesterday morning and revoked his statutory release," board spokesperson Darren Caul said.

Caul said the decision means Chin will now remain in an undisclosed prison serving the rest of his sentence and he can be released in February 2010 "in accordance with the law," including with conditions.

Under federal law, statutory release provisions entitle offenders to serve the final third of their term in the community under supervision.

Chin's brother Roger was killed in 2008 as part of the city's ongoing gang feud.

Visit metronews.ca to watch metrotube of the day

CALGARY OBITUARIES

CalgaryObits.com notes the following deaths in our community:

ANDERSON, Barney Charles (Ben)
ANSELMO, Anthony Garry (Tony) OC
ARTHUR, Helen Louise (nee Grant)
BESPLUG, Anthony Michael
BRISCOE, Coral Marie
CARLIN, Ida Blanche
CARLSON, Diane
CHUTSKOFF, Dale Nicholas
CRUMP, Melvin
CUNNINGHAM, David William
DIERICKSE, Keith Richard Francis
DUNNE - CROY, Helen Louise (Ragan)
GIANNISSIS, Angela (Angeliki)
GIGLIA, Fernando Daniel
GILROY, Gordon Charles
HACKETT, Margaret Hynes
HINDS, Anna (Zella) (nee Bennett)
KLAVER, Louis (Lou)
KOTHKE, Elaine Marilyn
LABUHN, Rosa
LAWRIE, Henry Richardson
MacDOUGALL, Evelyn L
McKEE, Pearcyville (Percy) James
MUSSELWHITE, Florence Irene (nee Mathison)
PAYNE, Howard Alan
PLANT, Mildred Gladys
PROC, Stephan "Steve"
REIMER, Harvie Ronald (Harv)
RITCHIE, William (Bill) Douglas
SCOTT, Roberta Elaine
SILLER, Colleen Anne (nee Gillis)
SKINNER, Antony (Tony)
SPRING, Engelbert (Bert)
YOUNG, David Ian

For full obituaries go to CalgaryObits.com

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Work resumes on emergency centre after last week's sinkhole

Construction is expected to resume on a portion of the new Calgary Emergency Operations Centre in Crescent Heights this week after a sinkhole last week halted work on the development. Contractors are still trying to investigate what caused the sinkhole. METRO CALGARY

School scores new athletic complex

KRISTA SYLVESTER
krista.sylvester@metronews.ca

A northwest Calgary school has slam-dunked an NBA-sized $11-million athletic facility — and the community will score, too.

The new facility will be the first building constructed in a $100-million expansion project in the kindergarten to Grade 12 independent Bearspaw Christian School, according to school president Kelly Blake.

"This new building will give us the opportunity to realize our vision in teaching minds, reaching hearts and transforming our world." Kelly Blake, principal

"This new building will give us the opportunity to realize our vision in teaching minds, reaching hearts and transforming our world," Blake said, adding the facility will be open to the community. "We have a number of interested parties who have expressed a strong desire to use the facility after school hours and on weekends."

The construction of the new multi-program facility is estimated at 10 months and is also expected to create new jobs for the comunity.

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Kettle drive heats up

CHRIS KELLY
for Metro Calgary

The beginnings of Christmas traditions are upon Calgarians once again as the Salvation Army hits the streets with its annual Kettle Campaign.

Mayor Dave Bronconnier, CTV news anchor Darrel Janz and even Lanny MacDonald were on hand to launch the 6th Annual Christmas Kettle Campaign, which will place the classic red kettles at 79 different locations around Calgary.

"Even though we are hearing about the end of the current recession there are still thousands of Calgarians who need the help and support that the Salvation Army gives," said Bronconnier as he slipped a $20 bill into one of the hanging kettles at the event.

The Salvation Army has raised the number of kettles placed around Calgary in order to reach its goal of collecting $1.2 million, said Pam Goodyear of the Salvation Army.

"Every little bit helps. Even if Calgarians were to donate a dollar for themselves and a dollar for those in need into the kettles we would be well on our way to achieving our goal," she said.

The Salvation Army's Christmas Kettle Campaign has been helping Calgarians for over a hundred years.

ROBIN KUNISKI/FOR METRO CALGARY

Pam Goodyear wants Calgarians to know the Salvation Army will be out in full force with their annual kettle campaign, which kicked off yesterday at the Westin Hotel.

connecting with your community

Safer Community Lecture Series
Crime and Safety Around LRT Stations
Presented by the Calgary Police Service and The City of Calgary, Community & Neighbourhood Services

Join Inspector Brian Whitelaw of the Calgary Police Service and currently the Coordinator of Calgary Transit's Public Safety and Enforcement Section as he explores the relationships between crime and disorder with the construction of a new community LRT station.

Date: November 19, 2009
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Location: Temple Community Association
167 Templegreen Road, NE

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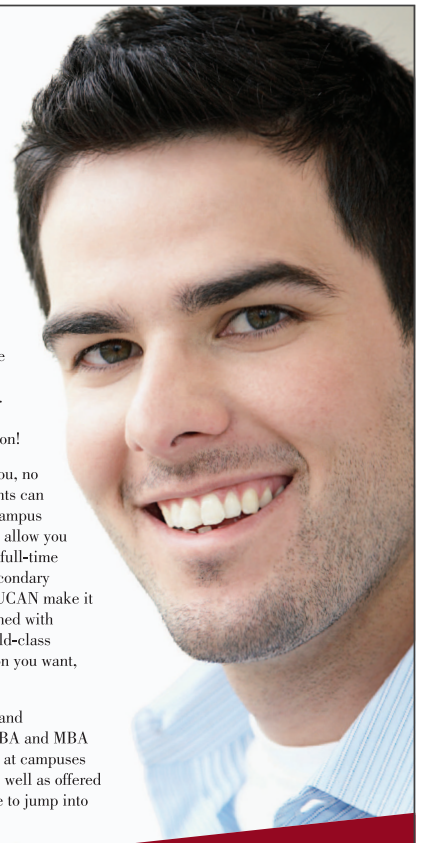

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Video attacks Tories

The Opposition have released a video that questions the Stelmach administration for forcing Albertans to foot the bill for $14-billion worth of new power lines and makes mention to the influence of big power companies on Progressive Conservatives. METRO CALGARY

Efforts at peace rewarded

KRISTA SYLVESTER
krista.sylvester@metronews.ca

One person really can make a difference. And eight can change the world.

Peace Medals were given to eight individuals and groups yesterday recognized for their work in bringing peace to local communities and even around the world during the 18th annual YMCA Calgary Peace Medal Luncheon.

The YMCA's Jennifer Burgess said she was fortunate to have met the recipients and feels touched by their sacrifices.

"It's just really inspiring see the perseverance and dedication of these people and it's very touching. It makes you realize one person really can make a difference," Burgess said.

This year's recipients were chosen from 39 nominees.

"Calgary is known as a city where people make an extra effort to help those in need," YMCA president Helene Weir said. "The recipients inspire us all to think about how we can contribute to a community that values peace at home and in the world around us."

Jean Johnson, principal of Piitoayis Family School, was one of the individual award recipients, but feels her recognition belongs to the entire community.

"I feel very humbled and honoured, but I really should share this with the community because they are the people behind it," she said. Johnson received the award for transforming the school from a place of bullying to a peaceful learning environment.

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ROBIN KUNISKI/FOR METRO CALGARY

Restaurant operator Rob Gridale stands in one of the dining rooms at Lougheed House. The restaurant will soon reopen for business after being closed for a few months.

Lougheed House readies to reopen

TANYA VLAHOV
for Metro Calgary

After being closed for three months, the Historical Lougheed House restaurant in downtown Calgary is expected to reopen within a few weeks.

After a change of operators in August, staff at the Lougheed House hired Kerrie Murray and Rob Grisdale, a couple they felt came in with the perfect proposal to take over the restaurant's ownership, executive director Blane Hogue said.

"It's so great to have a couple that are business partners and working side-by-side," he said.

Murray said there would be a new take on the restaurant's food concept, putting the focus on serving up fresh, organic food from local suppliers, including Hutterite colonies and the farmer's market.

"We anticipate the restaurant will remain as successful now as it was before," Murray said.

Hogue said he has already had the privilege of trying some of the menu's dishes. He loved what tasted, including a Cowboy Chicken Club House Rub that uses the finest of secret ingredients.

"My favourite thing about the Cowboy Chicken is how it pays homage to our cowboy history."

The restaurant, which seats up to 45 people, will maintain its original historic décor, so patrons can still get the full experience of the house.

The menu will range in price from $13 to $26.

The restaurant is located at 707 — 13 Ave SW.

News in brief

AWARD Calgary's Vista Heights Elementary School has been named the provincial winner of national Waste Reduction Week. The contest encouraged elementary school to submit videos relaying their best waste reduction tips to help Sesame Street's Oscar the Grouch become more eco-friendly. Vista Heights' winning video was entitled Oscar's Big Move.

CLINIC A new clinic location for H1N1 vaccinations will replace the Olympic Oval. The Clinic will move to the University of Calgary's "The Loft" at MacEwan Hall (4th floor). This change will take effect at 8 p.m. today. The clinic will be open from 8:30 a.m. to 8 p.m.

GIFT PETS The City of Calgary Animal and Bylaw Services are urging citizens to give pet adoption certificates this year, rather then buying a pet for someone. Last year after the holiday season, countless dogs and cats that were given as gifts were abandoned or surrendered to shelters and pet rescue organizations.

METRO CALGARY

Debt to clear half-trillion mark: CTF
The federal government's debt will zip back over the half-trillion-dollar mark this Sunday evening, the Canadian Taxpayers Federation says. THE CANADIAN PRESS

Canada

Captives beaten and shocked, says official

Liberals accuse Tories of coverup in prisoner treatment

A federal official says all of the prisoners Canada handed to Afghanistan's notorious intelligence service in 2006-07 were tortured — and many of them were likely innocent.

Richard Colvin

Intelligence officer Richard Colvin, a former diplomat in Afghanistan, testified before a special House of Commons committee today.

He told MPs that captives taken by Canadian troops and handed over to the Afghans were subjected to beatings and electric shocks in 2006 and early 2007.

In a blistering indictment of Ottawa's handling of prisoners, Colvin said the Red Cross tried for three months in 2006 to warn the Canadian army in Kandahar about what was happening to prisoners, but no one would "even take their phone calls."

He painted a dramatic picture of institutional indifference that morphed into an exercise in damage control once allegations of abuse became public in April 2007.

Colvin said he was ordered not to write about prisoners, and soon afterward reports from the field began to be "censored."

The Liberals attacked the Conservatives during question period, accusing the party of orchestrating a coverup.

THE CANADIAN PRESS

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PM ends trip with temple visits

INDIA TRIP India's stunning contrasts were once more in evidence as Prime Minister Stephen Harper concluded a three-day tour of the emerging South Asian economic giant.

While investment and trade were the ostensible touchstones of Harper's first visit to the Indian subcontinent since coming to power four years ago, tours of a pair of very different temples yesterday served to provide the Conservative prime minister with some Indian multicultural bonafides on the home front.

"This trip is the culmination but it's also the jumping off point," Harper said in a brief wrap-up interview with two Canadian reporters chosen by the Prime Minister's Office.

"It's the culmination for a lot of that we've been doing for the past two or three years to really try to rebuild and build up our relationship with India and get it on a different plane."

Harper began the day at the BAPS Swaminarayan Akshardham Temple, a majestic sea of tranquility off a busy New Delhi highway that boasts of being the largest Hindu temple in the world.

He then flew an hour northwest of the capital to Amritsar, the country's Sikh heartland and home to the famed Golden Temple, which Harper also visited.

ADRIAN WYLD / THE CANADIAN PRESS

Prime Minister Stephen Harper is seen as he visits the Golden temple in Amaritsa, India, yesterday.

Hindus and Muslims make up the majority of India's pluralistic society, with Sikhs just a small fraction — but a large and politically active Sikh population in Canada makes the Golden Temple an attractive destination for Canadian politicians. Liberal prime minister Jean Chrétien visited the site in 2003.

THE CANADIAN PRESS

News in brief

WOMEN'S ISSUES Activists are challenging Prime Minister Stephen Harper to "change the lives of women and girls around the world" by making their concerns a priority at next year's G8 and G20 summits.

INCARCERATION A Canadian businessman caught up in a murky international terrorism plot who had been set to appear in a Chicago court Thursday seeking bail will remain behind bars at least until Dec. 2. It was not immediately clear why the hearing was delayed. THE CANADIAN PRESS

Wait on GHGs: Prentice
Canada will wait to regulate its greenhouse gases until the world reaches a climate-change deal Environment Minister Jim Prentice says. THE CANADIAN PRESS

Make women a priority, say activists

G8 Activists are challenging Prime Minister Stephen Harper to "change the lives of women and girls around the world" by making their concerns a priority at next year's G8 and G20 summits.

Catherine MacDonald, executive director of Action Canada for Population and Development, says more than 500,000 women and girls die each year from pregnancy-related problems.

MacDonald says one in 7,300 Canadian women die from complications in pregnancy and in childbirth, while in Afghanistan the rate is one in seven.

At a news conference marking the release of a United Nations population report, she says such deaths are preventable and Canada, which hosts two summits in Ontario next June, is in a unique position to do something about it.

But she says that while "many words have been spoken and many resolutions have been passed," there has been little in the way of concrete action.

"This issue must be squarely on the agenda of the G8 and the G20 leaders when they meet ... next summer," she said.

The June summit "offers a rare opportunity for change" by bringing together an expanded group of economic powers, she said. "This is a human-rights issue that clearly matters to millions of people," MacDonald said. "This year, it's time for the leaders of the world to commit to the funding and to marshall the resources to make real progress."

THE CANADIAN PRESS

2000 summit

- During the 2000 Millennium Summit at the UN in New York, world leaders agreed to cut maternal deaths by 75 per cent by 2015, she noted. At the last G8 in Italy, leaders recognized maternal health as "a global pressing problem."

Doctor accused of plotting murder

CHARGES Prosecutors in Washington State have filed charges of solicitation to commit first-degree murder against a laser eye surgeon accused of trying to have two colleagues killed.

Dr. Michael Mockovak, 51, is accused of paying $10,000 to an informant to have his business partner, Dr. Joseph King, murdered, with $15,000 more to be allegedly paid once the deed was complete.

Mockovak and King co-founded the Clearly Lasik franchise, which has outlets in Washington, Oregon, Alberta and British Columbia. King is a graduate of the University of British Columbia and holds both Canadian and American citizenship. Prosecutors allege the other intended victim was Brad Klock, a former hockey player, THE CANADIAN PRESS

Canada should pull out, says Afghan official

She sleeps in safe houses, with a rotating squad of bodyguards securing the doors. She goes out only in a billowing burqa. And even her wedding was held in secret.

Elected the youngest member of the Afghan parliament — and suspended for her outspoken criticism of the country's top officials — Malalai Joya has been labelled the bravest woman in Afghanistan.

Small, soft-spoken and now 31, she has survived at least four assassination attempts and is angry at the oppressive life she is forced to lead, dodging enemies she has denounced as bloody-handed warlords and drug kingpins.

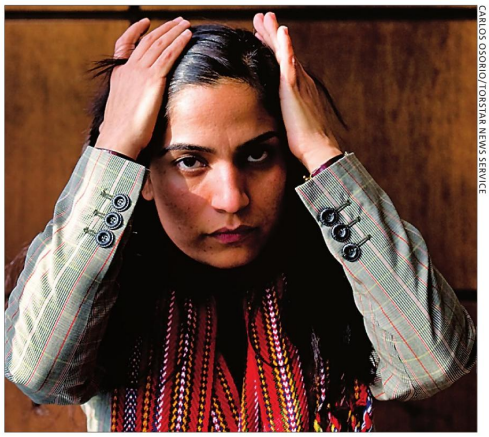
But as President Hamid Karzai is inaugurated Thursday for another four years in office after a fiercely disputed election, she says his term is already tainted by the corruption, criminality and violence of those around him.

"(Prime Minister) Stephen Harper says this election was a success," she says. "But Karzai has not only insulted, but betrayed the Afghan people."

Karzai has vowed to launch anti-corruption investigations under pressure from Washington. But, Joya insists, Canada is wasting blood and treasure on keeping his government in power.

"Canada should pull its troops out now," she said, on a tour for her book A Woman Among Warlords, co-written with Canadian peace activist Derrick O'Keefe.

TORSTAR NEWS SERVICE



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Malalai Joya has been called the bravest woman in Afghanistan. She's an outspoken Afghan MP who challenges the warlords and government. She believes Canada should leave her country.

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the Bay

Toronto subway system strands commuters

Thousands of Toronto commuters were stranded last night when subway service on the Yonge Street line between the Bloor and Eglinton stations was halted due to a damaged bridge. The TTC says 300,000 people were directly affected by the closure and thousands more will face delays. THE CANADIAN PRESS

Quebec blasts Ontario's plan

H1N1 Quebec's chief public health officer suggests some Ontarians who are at high risk of getting the H1N1 virus may have to wait now that the province has begun vaccinating the general population.

"In a certain sense, there are people who are much less at risk who will get it (the vaccination) first," Dr. Alain Poirier said.

THE CANADIAN PRESS

Crosby carries Olympic torch

Penguins star takes a turn in relay in downtown Halifax

VANCOUVER 2010 Games

Sidney Crosby has added another iconic piece of hardware to the collection he's hoisted in his stellar hockey career — the Olympic torch.

Huddled under the glow of street lights, thousands of people lined both sides of a downtown Halifax street last night to watch the captain of the Stanley Cup-winning Pittsburgh Penguins grasp the torch in a mitten-covered hand.

Clad in an official torchbearer uniform, the 22-year-old grinned and jogged below historic Citadel Hill as the bright, orange flame burned above his head.

"You look at the people out there, you see the signs of the excitement," Crosby said later about the massive crush of fans who slowed his jog to a crawl.

"You never dream of carrying the torch. For me, that wasn't something that I ever thought would be a possibility."

At one point in his short, 300-metre jaunt, Crosby stopped and turned slowly with the torch, eliciting wild cheers from the delighted crowd.

THE CANADIAN PRESS

ANDREW VAUGHAN/THE CANADIAN PRESS

Pittsburgh Penguins captain Sidney Crosby, a Cole Harbour native, carries the Olympic torch in Halifax last night before a crowd of close to 20,000 people. The flame, which travelled all the way from Olympia in Greece, is on a 106-day cross-country relay.

Groups plan to protest at torch relay

SEAL HUNT A pair of animal rights groups are planning on protesting the seal hunt during the Olympic torch run over the next few months.

However, organizers say they won't disrupt the run and will instead be inflating a giant seal named Sparky at locations away from the spectators.

Dan Mathews, the senior vice-president of People for the Ethical Treatment of Animals or PETA, said yesterday his group will use "the opportunity" of the torch tour to deliver its message that the seal hunt should be banned.

He says with "the eyes of the world" on Canada his group "can't resist the opportunity to engage people" about the commercial seal hunt issue.

THE CANADIAN PRESS

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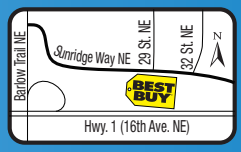

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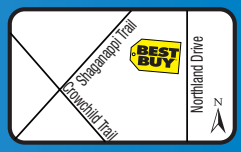

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British couple arrested for helping spread computer viruses
A couple suspected of spreading some of the Internet's most aggressive viruses such as Zbot were arrested in the English city of Manchester, police said yesterday. THE ASSOCIATED PRESS

World

Obama predicts conviction, execution

U.S. President Barack Obama predicted that professed Sept. 11 mastermind Khalid Sheikh Mohammed, left, will be convicted and executed as Attorney General Eric Holder proclaimed: "Failure is not an option." Holder announced last Friday that five accused Sept. 11 conspirators currently held at the U.S. military base at Guantanamo Bay will be transferred to federal court in New York to face trial — just blocks from the site of the former World Trade Center. THE ASSOCIATED PRESS

Free condoms to help save the world?

UN says slowing population growth could help climate change

The battle against global warming could be helped if the world slowed population growth by making free condoms and family planning advice more widely available, the UN Population Fund said yesterday.

The agency did not recommend countries set limits on how many children people should have, but said: "Women with access to reproductive health services ... have lower fertility rates that contribute to slower growth in greenhouse gas emissions."

"As the growth of population, economies and consumption outpaces the Earth's capacity to adjust, climate change could become much more extreme and conceivably catastrophic," the report said.

The world's population will likely rise from the current 6.7 billion to 9.2 billion in 2050, with most of the growth in less developed regions, according to a 2006 report by the United Nations.

The UN Population Fund acknowledged it had no proof of the effect that population control would have on climate change. "The linkages between population and climate change are in most cases complex and indirect," the report said.

Still, Thoraya Ahmed Obaid, the UN Population Fund's executive director, told a news conference in London yesterday that global warming could be catastrophic for people in poor countries, particularly women.

"We have now reached a point where humanity is approaching the brink of disaster," she said. THE ASSOCIATED PRESS

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New York **Baby steps**

KATHY WILLENS/THE ASSOCIATED PRESS

Environmental activist Erin Brockovich — portrayed by Julia Roberts in the 2000 movie — plays with toddlers while promoting a virtual Million Baby Crawl yesterday. The Million Baby Crawl is a grassroots effort to pass stronger U.S. regulations against chemicals in household products.

News in brief

CALIFORNIA An elderly man known as the Geezer Bandit is suspected of robbing five California banks beginning in the summer. The man is believed to be in his 70s, San Diego area FBI investigators say. THE ASSOCIATED PRESS

Success depends on who you ask

BEIJING Chinese state media heralded U.S. President Barack Obama's maiden trip to China as a triumph, but ordinary Chinese were largely shielded by their government from his most critical remarks and activists were disappointed by the measured tone of those they did hear. One blogger even pined for the tough line taken by former president George W. Bush. State media portrayed the trip as a slam-dunk for China-U.S. relations, saying a joint statement issued by Obama and China's President Hu Jintao was a breakthrough to inspire the world. THE ASSOCIATED PRESS

Reunion

- U.S. President Barack Obama said yesterday that he met with his half brother who lives in China.

'Wife Swap' couple plead guilty

A couple who was featured on the reality show Wife Swap have pleaded guilty to federal charges in Buffalo, N.Y. Ralph Guastaferro faces five years in prison for laundering $1.2 million US for a Canadian telemarketing scheme. THE ASSOCIATED PRESS

Palin pulls in the people in Michigan

College students ditched class, employees skipped work and some huddled in the cold overnight just to make sure they get an orange wristband that would let them meet Sarah Palin.

Thousands gathered outside a Grand Rapids, Michigan, Barnes&Noble store yesterday for the kickoff of the former Republican vice-presidential candidate's Going Rogue book tour, which has taken on the feel of a political pep rally.

"I just can't tell you how good it is to be back in Michigan," the former Alaska governor told the crowd, which chanted "Palin! Palin!"

"Alaska and Michigan have so much in common, with the huntin' and the fishin' and the hockey moms, and just the hard-working, patriotic Americans who are here," Palin said.

"Alaska and Michigan have so much in common, with the huntin' and the fishin' and the hockey moms."
Sarah Palin during a book promo stop in Michigan

The memoir was released Tuesday but has topped best-seller lists for weeks. At the Barnes&Noble, about 1,000 orange wristbands were handed out, allowing wearers to get two copies autographed by Palin at the three-hour signing event.

Going Rogue follows Palin from childhood to her departure last summer as Alaska governor.

The title refers to her independent streak as a candidate, stemming from complaints within the campaign of Republican presidential nominee John McCain that she had gone "rogue" by disagreeing with the campaign's decision to pull out of Michigan last October.

THE ASSOCIATED PRESS

News in brief

KABUL Security forces increased patrols on some streets in the Afghan capital and blocked others entirely yesterday, bracing for possible militant attacks during the inauguration ceremony that will cement President Hamid Karzai's tumultuous re-election victory. Karzai will be sworn in today for his second five-year term, with many in the international community hoping he will introduce solid reforms.

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AMVIC LICENSED

Space instruments to go on display at Smithsonian
Two instruments that helped save the Hubble Space Telescope from failure in 1993 were recently returned to Earth and are going on display at the Smithsonian's National Air and Space Museum. THE ASSOCIATED PRESSS

Killing leads to showdown between radical groups

A simmering confrontation between far-right youths and anti-racist activists has erupted into Moscow's streets after the fatal shooting of an anti-racist activist known as the Bonebreaker.

The violence stems from deep animus between two aggressive camps with starkly different visions of Russia's future — neo-Nazi skinheads who rank in the tens of thousands and militant anti-racist groups that call themselves Antifa, short for anti-fascist.

Former punk rocker Ivan Khutorskoi, 26, provided security for meetings of anti-fascists.

He also was known for organizing underground bare-knuckle boxing matches among them, and taking part in violent attacks on ultranationalists.

Reaction to murder

• Ivan Khutorskoi was gunned down in his apartment building Monday night. A day later, dozens of masked men pelted the headquarters of the pro-Kremlin youth group Young Russia with stones, trash and steel rods.

Kremlin critics say Russia's leadership created Young Russia and similar youth organizations to keep its political opponents in check and provide support, and sometimes muscle, on the streets.

Anti-racist groups claim they have close ties with the ultranationalists they call fascists or Nazis.

Antifa groups have been rapidly adding to their ranks in Russia in recent years, said Galina Kozhevnikova, the director of Sova, a respected independent hate-crime watchdog monitoring group.

She said their ideology attracts leftist-minded youth and people concerned about persistent hate crimes and xenophobia in today's Russia.

THE ASSOCIATED PRESS

Atlantis docks with space station

NASA Space shuttle Atlantis arrived at the International Space Station yesterday for a weeklong stay, and the astronauts quickly unloaded a huge platform full of spare parts needed to keep the outpost running for another decade.

IT issues

• The only shuttle problem of note involved laptops. The astronauts had to contend with a poky connection rather than the usual DSL-type high speed, which slowed the transmission of pictures, charts and emails between Atlantis and Mission Control. Critical operations were not affected, said flight director Mike Sarafin.

The platform contained pumps, storage tanks and other equipment weighing hundreds of pounds each. Robot arms did the heavy lifting, just hours after the two craft came together 354 kilometres above the Pacific, between mainland Australia and Tasmania.

Astronaut Nicole Stott, a space station resident for the past two months, was thrilled to see her ride home. She spotted Atlantis from three miles out. "I have my ticket all ready and stamped, waiting for you guys when you get here," Stott radioed to shuttle commander Charles Hobaugh.

"Who is this?" Hobaugh teased.

Just before docking, Hobaugh guided Atlantis through a pirouette for the space station cameras, for a final check to make sure there's no damage to the thermal tiles on its belly.

So far, all indications are the shuttle made it through Monday's liftoff fine, NASA officials said. Astronauts surveyed their ship Tuesday for any signs of launch damage, and a quick look at images shows everything in good shape.

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Comment

Private versus public relationships

Single. In a Relationship. Engaged. It's Complicated. Single.

Two acquaintances got engaged. My best friend from the third grade got married. And a former colleague got divorced — for the second time. I know these things, not because I've spoken to them recently. I know these things because of Facebook.

I'm fascinated by what people choose to share about their romantic lives on the Internet. Some are coy, secretive. Others define themselves by their relationship, blogging ceaselessly about significant others or leaving their wedding portrait up as their Facebook profile picture for months, if not years.

It's another kind of PDA (Public Display of Affection). Changing your Facebook status to In a Relationship is the new Making Out on Park Benches.

But once you've gone public and shared your happiness with several hundred of your closest friends, what happens if your relationship ends?

I've only met Lauren White a couple of times, but I feel like I've known her forever. Her blog, Raymi The Minx (www.raymitheminx.com), has amassed an impressive following over the years. On my computer screen, she is a stunning, unsmiling woman who painstakingly documents minutiae like new outfits, found objects and elaborate meals. In person, she is sweet and smiley, funny and friendly. Her partner Phil was the handsome photographer who made her into his muse. Online, they appeared a perfect hipster power couple.

When I discovered that Raymi and Phil had recently ended their engagement, I felt like I had learned of the breakup of two close friends. And given the scads of supportive emails that she received and posted on her site, I wasn't alone.

Phil and Raymi were fun-loving and photogenic online, but real life was another matter:

"we acted beautifully together for everyone else but us. while alone it was stretches of silences for hours in our own little online worlds until it became dark then we'd get ready and go out to whateverthe f— was going on that nite."

The Ballad of Raymi and Phil can be taken as a cautionary tale. In our full-disclosure world, we should be mindful that sharing intimate details of our lives means that we will have an audience when it all falls apart.

Go ahead and flaunt your relationship online. Just make sure it's as great in real life as it looks on paper (or in pixels). Because it's better for you to be genuinely happy than for us to believe you are.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

Views

Imagine a mobilization against sex assaults

"What if we did as much to prevent rape as we do to prevent H1N1?" This question was posed recently by a blogger from Bitch, one of my favourite feminist magazines, and, for some reason, I can't stop thinking about it.

The blogger in question, Meg Stone, asked her readers to imagine a world where the government, the media and the health-care system mobilized as loudly against sexual assault as they're doing against swine flu. Think about it: Coast-to-coast public education campaigns! Daily news reports! Pissed-off citizens determined to do everything they can to protect themselves and their loved ones!

It may seem odd — scandalous, even — to draw a comparison between the H1N1 pandemic and sexual assault. But while these are very different and complex problems, they share some common ground.

On the most basic level, both put public safety at risk. Reducing the prevalence of either requires a change in public behaviour and cultural norms. And as Amnesty International argues in its Stop Violence Against Women campaign, "Violence against women and girls is a global pandemic."

So, can you picture it? An alternate reality where rape prevention is at the top of the agenda?

Probably not. Even though statistics tell us that one in four Canadian women will be sexually assaulted during her lifetime, this is not typically seen as a health and safety crisis.

The shame and stigma associated with sexual assault means that we still don't talk about it and most victims don't report it.

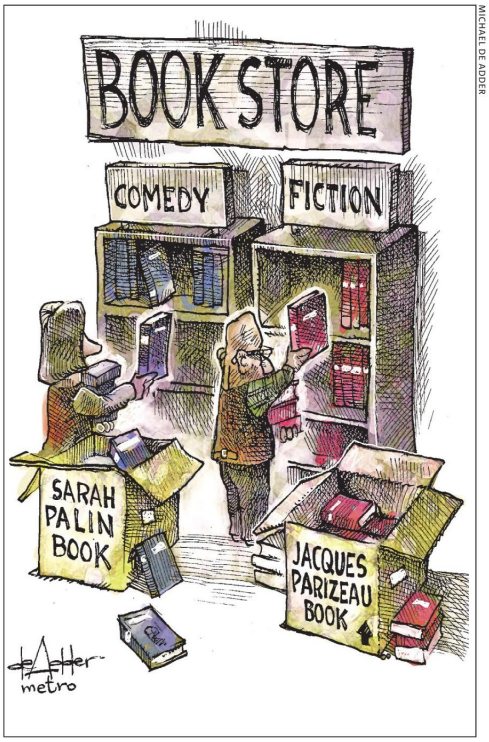
Instead of Stone's vision of preventative measures on the front page, the news we hear is disturbing and disempowering.

Consider the "sexsomnia" case that resurfaced in the media last week as the Ontario Review Board weighed in. It was about a Toronto man found not criminally responsible for a 2003 sexual assault at a house party, because of a disorder that apparently causes him to unwittingly initiate sex while asleep. This ruling came despite the fact that he chose to have 12 beers, two rum and Cokes and two vodka-based drinks in the hours before he assaulted a stranger, and had enough presence of mind to slip on a condom.

Unlike H1N1, sexual assault has been part of our world for so long that we don't think we can fight it. Well, we certainly won't by remaining apathetic.

While I'm not naïve enough to expect the large-scale mobilization Stone dreams about, she provides a welcome reminder that change is worth fighting for.

Melinda Mattos is a Toronto-based writer, editor and co-founder of feminist teen magazine Shameless. Visit www.shamelessmag.com



MICHAEL DE ADDER

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EU and GM to hold Opel talks

The EU Commission says it will host high-level talks among EU countries and top GM Europe officials to discuss restructuring plans for troubled carmaker Opel. EU spokesman Ton Van Lierop says the meetings will be held Monday. THE ASSOCIATED PRESS

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Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

It's the CRTC's fault: Canwest

Cable companies have gained so much power they have become a threat to Canadian broadcasting, and the national telecommunications regulator is mostly to blame, says Canada's second-largest private broadcaster.

Canwest Global Corp. president Leonard Asper blamed the CRTC for setting ground rules that have impoverished broadcasters and put cable firms in the penthouse.

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"Broadcasting is a regulated business. Once you decide to regulate, it should be fair regulation," he chided the CRTC during hearings on the future of broadcasting yesterday.

Cable firms like Rogers and Shaw have most of the power in the industry today, he said.

Canwest is the last to appear before the CRTC asking that the regulator set conditions that would compel cable and satellite operators to pay for TV signals.

The trouble is, making such a decision would leave it open for the carriers to charge customers as much as $10 a month to cover the extra costs, which they have said they would do.

To which, said Canwest regulatory affairs executive Charlotte Bell, the CRTC should show some spine.

"You have to pull your weight to keep this under control," he told chairman Konrad von Finckenstein.

THE CANADIAN PRESS

Inflation jumped by full point in October: StatsCan

ECONOMY Canadians paid more for food, clothes and tuition in October as the annual inflation rate ticked higher for the first time in five months.

Statistics Canada said yesterday the annual inflation rate jumped a full point to edge above zero at 0.1 per cent in October, reversing an unusual situation that existed since May in Canada where overall prices were lower than a year earlier.

The data also showed Canadians were paying less for gas, automobiles and hotels.

And it's unlikely the inflation rate will fall below zero again for some time.

Food continues to be a main driver of higher inflation. Food prices were 2.3 per cent higher in October than 12 months earlier.

THE CANADIAN PRESS

Inflation rates across Canada

- Previous month in brackets:
- Halifax, -0.3 (-0.4)
- Montreal, 0.7 (0.0)
- Ottawa, 0.4 (-1.0)
- Toronto, 0.3 (-1.0)
- Edmonton, 0.4 (-0.5)
- Calgary, 0.1 (-1.2)
- Vancouver, -0.6 (-1.0)

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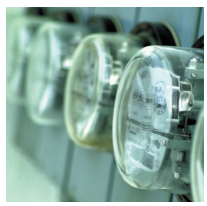

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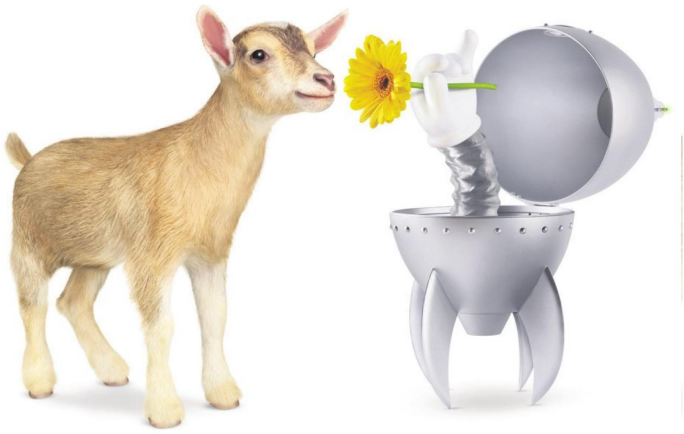

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Canadian wins MLS honour

Pat Onstad of the Houston Dynamo was named the inaugural winner of Major League Soccer's Degree Men Save of the Year award yesterday. Onstad, 41, of Vancouver was honoured for a double save on a penalty kick against the Colorado Rapids. Voting for the award was conducted by fans. THE CANADIAN PRESS

Sports

F1 champ switches teams

Formula One champion Jenson Button, left, signed with McLaren yesterday, teaming him with Lewis Hamilton to give the English team a potent lineup for next season featuring the two most recent title holders. McLaren said Button signed a "multi-year deal" after leaving constructors champion Brawn GP in the wake of its takeover by Mercedes-Benz earlier this week. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Soccer **Canadian friendly**

CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

Poland's Kamil Kosowski, right, and Canada's Atiba Hutchinson challenge for the ball during Poland's 1-0 win over Canada yesterday in Bydgoszcz, Poland. The game was the final match of the 2009 season for Canada. The men finished the year with a record of seven wins, three losses and a draw.

Looking for redemption

Blowing 5-0 lead last time they faced Chicago weighs on Flames' minds

NHL PREVIEW

Chicago at Calgary

The Calgary Flames are eager to make up for one of the biggest collapses in franchise history.

They'll get their chance tonight, when they face Chicago for the first time since building a 5-0 lead, then watching the Blackhawks storm back to win 6-5 in overtime.

Calgary forward Curtis Glencross said redemption is squarely on his teammates' minds.

"We just have to get on them early and try to not let them back in like last time," said Glencross, who returned Tuesday night after missing the previous three games due to a suspension for a hit on Chris Drury of the New York Rangers.

"I'm sure that big comeback they had on us is in the back of our minds from a while ago."

In their Oct. 12 showdown in Chicago, the Flames (12-5-2) scored five straight goals less than 12 minutes into the game, only to see the Hawks (12-5-2) storm back to win on an OT goal by defenceman Brent Seabrook.

"Obviously, it's going to be probably in our minds and we want a little payback," said Flames forward Fredrik Sjostrom, who had an assist in the game. "We gave that game up more than they came back. They're a heck of a team, but we kind of let ourselves down a little bit the last time we played them. We've got to make sure we have a strong effort."

Calgary coach Brent Sutter said he's not overly concerned about the Oct. 12 result.

"All I know is that we had an opportunity to win a game there and we didn't win," Sutter said.

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SCOREBOARD

NHL

WESTERN CONFERENCE

	GP	W	L	OL	PT
d-San Jose	23	14	5	4	32
d-Colorado	21	13	5	3	29
d-Chicago	19	12	5	2	26
Los Angeles	22	13	7	2	28
CALGARY	**19**	**12**	**5**	**2**	**26**
Columbus	19	11	6	2	24
Dallas	20	9	5	6	24
Phoenix	21	12	9	0	24
Detroit	19	10	6	3	23
Vancouver	21	11	10	0	22
Nashville	19	10	8	1	21
Edmonton	21	8	10	3	19
St. Louis	18	6	8	4	16
Minnesota	21	7	12	2	16
Anaheim	19	6	10	3	15

YESTERDAY

Florida at Buffalo
Dallas at Detroit
Phoenix at Minnesota
Colorado at Edmonton
Philadelphia at Los Angeles

TODAY

Toronto at Carolina
Boston at Atlanta
Pittsburgh at Ottawa
Phoenix at St. Louis
New Jersey at Nashville
Columbus at Dallas
Chicago at **CALGARY**
Tampa Bay at Anaheim

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NBA

YESTERDAY

Atlanta 105 Miami 90
Boston 109 Golden State 95
Houston 97 Minnesota 84
Memphis 106 L.A. Clippers 91
Milwaukee 99 New Jersey 85
New York 110 Indiana 103
Orlando 108 Oklahoma City 94
Philadelphia 86 Charlotte 84
Washington 108 Cleveland 91
Toronto at Utah
San Antonio at Dallas
Detroit at Portland

TODAY

Phoenix at New Orleans
Utah at San Antonio
Chicago at L.A. Lakers

NFL

AFC

EAST

	W	L	T	PCT
New England	6	3	0	.667
Miami	4	5	0	.444
N.Y. Jets	4	5	0	.444
Buffalo	3	6	0	.333

SOUTH

	W	L	T	PCT
Indianapolis	9	0	0	1.000
Jacksonville	5	4	0	.556
Houston	5	4	0	.556
Tennessee	3	6	0	.333

NORTH

	W	L	T	PCT
Cincinnati	7	2	0	.778
Pittsburgh	6	3	0	.667
Baltimore	5	4	0	.556
Cleveland	1	8	0	.111

WEST

	W	L	T	PCT
Denver	6	3	0	.667
San Diego	6	3	0	.667
Kansas City	2	7	0	.222
Oakland	2	7	0	.222

NFC

EAST

	W	L	T	PCT
Dallas	6	3	0	.667
Philadelphia	5	4	0	.556
N.Y. Giants	5	4	0	.556
Washington	3	6	0	.333

SOUTH

	W	L	T	PCT
New Orleans	9	0	0	1.000
Atlanta	5	4	0	.556
Carolina	4	5	0	.444
Tampa Bay	1	8	0	.111

NORTH

	W	L	T	PCT
Minnesota	8	1	0	.889
Green Bay	5	4	0	.556
Chicago	4	5	0	.444
Detroit	1	8	0	.111

WEST

	W	L	T	PCT
Arizona	6	3	0	.667
San Francisco	4	5	0	.444
Seattle	3	6	0	.333
St. Louis	1	8	0	.111

TODAY

Miami at Carolina

SUNDAY

Cleveland at Detroit
Atlanta at N.Y. Giants
Washington at Dallas
San Francisco at Green Bay
Indianapolis at Baltimore
Pittsburgh at Kansas City
New Orleans at Tampa Bay
Buffalo at Jacksonville
Seattle at Minnesota
Arizona at St. Louis
N.Y. Jets at New England
San Diego at Denver
Cincinnati at Oakland
Philadelphia at Chicago

MONDAY

Tennessee at Houston

CFL

SUNDAY

EASTERN FINAL

B.C. at Montreal

WESTERN FINAL

CALGARY at Saskatchewan

SUNDAY, NOV. 29

GREY CUP

AT CALGARY

East vs. West champions

Dinos QB Glavic wins CIS weekly offensive award

FOOTBALL Calgary Dinos quarterback Erik Glavic was named Canadian Interuniversity Sport offensive player of the week yesterday.

Glavic, a fourth-year social sciences student from Pickering, Ont., threw for 479 yards and three touchdowns in a 39-38 win over Saskatchewan in the Hardy Cup last weekend.

Saint Mary's running back Craig Leger, Laval quarterback Benoit Groulx and Queen's quarterback Dan Brannagan were also considered.

The Dinos will face Saint Mary's in the Uteck Bowl on Saturday. The winner of that game will advance to the Vanier Cup.

THE CANADIAN PRESS

Sports in brief

HITMEN Michael Stone's second goal of the game at 2:24 of overtime lifted the Calgary Hitmen past the Moose Jaw Warriors 2-1 last night in the Western Hockey League. Stone's second period power-play goal gave the Hitmen (19-6-0) the lead. Martin Jones made 27 saves for the Hitmen.

RUGBY A pair of second-half tries from Araba Chintoh and Cheryl Phillips gave Canada a 14-5 victory over France in a women's rugby match yesterday, snapping an 11-year winless streak against the French.

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HOLIDAY

Shopping Guide

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Gifts for the computer lover

From notebooks to photo printers, there are plenty of crowd-pleasing options

RAFAEL BRUSILOW
for Metro Canada

Let's face it, few gifts are ever as awesome as a new computer and there are so many to choose from.

Here are Metro's picks for computing goodness this holiday season:

The Dell Adamo XPS.

LG R580 Notebook
$1,299

Sleek and loaded with the right features, LG's R580 is a solid combination of performance, profile and price. Sporting Intel's Core 2 Duo processor, 4 gigabytes of system memory and a powerful Nvidia GeForce 130M GT graphics card with 1 gigabyte of dedicated video memory, this lightweight and lean laptop is surprisingly capable in the entertainment department as well as making sure your heavyweight business presentations come to life. An LED backlight provides better viewing and saves power and the 15.6-inch widescreen is the right size to maintain portability without sacrificing visual quality.

The LG R580 Notebook.

The Samsung N120 Notebook.

Toshiba's Qosmio X500.

Toshiba Qosmio X500
$2,199

With the flood of new games getting released this season, you're going to need some heavy computing power to make your headshots count and your friends jealous at LAN parties. Enter the Toshiba Qosmio, a monster of a system designed for hardcore gaming (and helping develop strong legs if you ever decide to carry it). With an 18.4-inch screen, new Intel Core i7 processor, a one-terabyte drive and Nvidia's GeForce GTS 250M graphics card with 1 gigabyte of lightning-fast DDR5 memory under the hood, this thing really cooks and its heft will probably stop a real-life bullet to boot. A built-in Blu-Ray drive and HDTV connectivity make it just as fun in downtime.

Dell Adamo XPS
$1,999

Dell's answer to the Macbook Air in both style and substance, the Adamo XPS is undoubtedly impressive. Less than a centimetre thick and encased in a sexy machined-aluminum chassis, this laptop aims for discerning users with big pockets. For comparison, this machine is about half the thickness of Apple's already paper-thin Macbook Air. With a 13.4-inch screen and weighing barely three pounds, you'll be hard-pressed to find a slimmer, tote-able computer. Cooler still, when opened the keyboard rises up for ergonomic typing and sports aluminum keycaps. Built-in wireless connectivity and Windows 7 as standard complete this very impressive offering.

Samsumg N120 Notebook
$429

Simple yet stylish, Samsung's N120 is possibly the most natural-feeling mini-laptop out there. The large, raised keyboard is very easy to type on and the clean, single-tone design is classically attractive. With all the standard system elements you'd expect from a netbook packed into the small, thin case, the N120 sets a benchmark for good design and usability in the 10-inch laptop market.

The Epson Artisan 810 All-in-one Printer includes modes for creating colour book pages. The HP Photosmart A646 Compact Photo Printer, below, lets you edit and print high-quality photos.

Putting it on paper

Despite the digital world taking command of our lives, there's no substitute for the portability and satisfying touch of paper when you want to keep something in hard copy, so here are our picks for printers this season:

Epson Artisan 810 All-in-one Printer
$299

A top-end printer with a plethora of creative modes, the Artisan offers some innovative and convenient options for printing. Unique features includes modes for creating colouring book pages and even for making personalized note paper using your own photos — now you can write memos on your favourite, hopefully tasteful, vacation photo. The printer also has a built-in Wi-Fi connection to let you print directly from any wireless source in your home including other computers or even your iPhone.

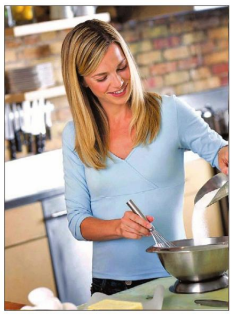
HP Photosmart A646 Compact Photo Printer
$179

Cute as a button yet still powerful and fun to use, HP's little wonder lets you edit and print high-quality photos in a small, portable package. Create custom borders, photo captions and text using the 3.45-inch touchscreen and print directly from Bluetooth devices like mobile phones for printing on the go.

Sweet treats
Make everyone on your list happy with Le Chocolat Holiday Collection, $9.99. These hand-crafted 100 per cent Belgian chocolates are available at Shoppers Drug Mart (shoppersdrugmart.ca). METRO NEWS SERVICES

Holiday Shopping Guide

Baked goods great gifts



Get your kids involved when baking, Trish Magwood says.

It's that time of year again — time to give back to the people in your life who have made a difference.

With so many people to thank, it can be difficult to come up with an appropriate gift for everyone.

But the old saying still rings true: It's the thought that counts. Making your own gift is still considered by many as the most thoughtful form of giving.

When you present a homemade gift, the receiver knows you took the time to carefully craft a gift just for them.

If you're unsure of what to make, a guaranteed hit with almost anyone is a dessert that can be enjoyed with friends and family throughout the season.

"If you are baking for a neighbour, babysitter or teacher, getting your children involved in the process is a great way to spend some quality time together in the kitchen," says Trish Magwood, celebrity chef and mother of three.

"From picking the recipe to mixing up ingredients and putting on the finishing touches, kids love to get their hands dirty and taste the fruits of their labour!"

To ensure your family has a great time in the kitchen, choose a "kid-friendly" recipe that incorporates some familiar ingredients for your young sous chefs.

NEWS CANADA

Chocolate Truffles

INGREDIENTS:

- 1 pkg white chocolate chips
- ¼ cup butter, softened
- 1 cup Rice Krispies Vanilla Flavour
- 1¼ cup semi-sweet chocolate chips

METHOD:

1 Melt white chocolate chips and butter in medium bowl in microwave or over saucepan of boiling water. Stir until smooth. Let cool at room temperature (30 mins).

2 Form white chocolate mixture into 2.5 cm balls. Roll in cereal, pressing it into truffles to coat. Roll in palms to re-shape. Refrigerate 30 minutes.

3 Melt semi-sweet chocolate. Dip prepared balls in chocolate to coat. Lift out with fork. Place on waxed paper lined baking sheet. Let cool 1 hour.

– RICEKRISPIES.CA

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Holiday shopping doesn't have to be stressful for men.

Help men make most of shopping

It's a well-known fact: Most men hate holiday shopping. Here's a list of tips from RedFlagDeals.com that will help men everywhere stay sane during the craziest shopping time of the year.

Plan your attack: When shopping, make like a ninja — get in and out before anyone knows you are even there. If you must go to the mall, prepare in advance. You should know what you're looking for, how much it costs, and where to get it before you leave home. When shopping online, shipping times vary, so expect orders to take at least a week to arrive.

Tune out: Bring your MP3 player with you. Your music may not be festive, but at least it won't drive you crazy.

Shop online: You'll save money, avoid the crowds, and find multiple gift ideas with the click of a button. You'll save a lot of time by comparing price, availability, and reviews of products on the Internet.

Support the trend: If you're stuck for ideas, find out what other people are getting your shopping target and get them something that compliments that gift. Is someone getting them skis? Buy them ski goggles and ski wax.

NEWS CANADA

For the hostess
Bring her this three-piece Christmas tea towel set in a useable breadbasket from Canadian Tire (canadiantire.ca or1-866-746-7287). The towels, $16.99, come in three colours and the centre towel has a seasonal icon stitched into it. METRO NEWS SERVICES

Tips to go green this holiday season

At holiday time, along with buying for close friends and family, it is often customary to buy small gifts for a multitude of others as well — teachers, hosts, babysitters — you name it.

And while small gifts are just as thoughtful, they can sometimes be more difficult to choose. You want the recipient to like it, use it, or eat it; all without causing too much waste or impact on the environment.

Don't fear. There are lots of gift ideas out there that are not only superb items to give, but are environmentally friendly choices as well. It just takes some creativity and some thinking outside the holiday box.

To help with your holiday gift list this year, here are some great — and green — gift suggestions:

• **Forget the traditional coffee mug for the teacher.** Instead, give a sturdy insulated travel mug that will keep their coffee or tea warm for hours while they're in the classroom. Canadian Thermos Products makes a great selection of vacuum-insulated mugs in a variety of designs and styles. And to make the gift really stand out, add some fair trade coffee or organic tea inside.

• **Baked goods, jams or preserves, and other homemade items are always appreciated.** Dress them up in charming jars or wrap them in new tea towels and you're adding an extra gift that can be reused time and time again; foregoing wasteful wrapping at the same time.

• **Combine pot-luck and hostess gifts into one.** Simply bring your food in one of the new insulated grocery bags that are available. This way your food stays hot or cold and you're giving a gift that will be used countless times.

Jams or preserves can make a great eco-friendly holiday gift.

• **Instead of a customary bottle of wine,** give a reusable container filled with delicious mulled wine or other hot beverage. This is a great way to warm up on cold winter nights.

NEWS CANADA

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Planning ahead when sending packages will save you money.

Ensure you send your packages on time

How you send packages to your loved ones is just as important as what you send them, according to Canada Post.

"Starting early will save money and take some of the stress out of the frenzied holiday season," says Marc Smith, director of product management for Canada Post. "But no matter when you're ready to send your gifts and cards, Canada Post has a service that will get them there by Dece. 24."

Ready early?
Regular parcel services are the most economical way to ensure holiday packages arrive before Santa. Here are the mailing deadlines:

- Dec. 1: To the U.S.
- Dec. 11: Within Canada

Need more time?
If it's taken you a little longer to find that special gift, then Xpresspost is the service for you. The mailing deadlines are:

- Dec. 7: Worldwide (but Dec. 1 for Africa and Central/South America)
- Dec. 14: To the U.S.
- Dec. 22: Within Canada

At the last minute
In Canada, the fastest service is Priority Next A.M.. For destinations abroad, use Priority Worldwide.

- Dec. 17: Worldwide destinations; available to select countries only. Check with your post office for details.
- Dec. 21: To the U.S.
- Dec. 23: Within Canada

NEWS CANADA

Keep her safe
These personal safety alarms by Ila Dusk emit a high-decibel scream designed to shock and disorient an attacker. Available for $29 each exclusively at the Bay. METRO NEWS SERVICES

Holiday Shopping Guide

Silver belles

Finished with a leather tassel, this **Riviera Necklace, $44,** features an adjustable bead that slides up and down the multiple chains. Also available in gold from Foxy Originals (foxyoriginals.com).

This **silver clutch by Jessica** retails for $29.99 at Sears (sears.ca).

MICHAEL Michael Kors multi-colour wool/cashmere knit gloves, $88 each. For availability, call 1-866-733-KORS.

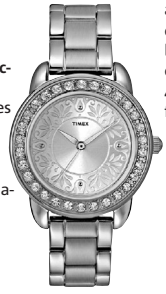
Swarovski HYBRID Long Necklace, $250. For more, go to swarovski.com.

SPARKLE & SHINE
Make a statement with this black sparkly top by Jessica.
$39.99
Available at Sears locations across Canada.
sears.ca

Swarovski HYBRID Ring, $140. For more, go to swarovski.com.

This **Silk Rosette Scarf, $74,** is available at Banana Republic (bananarepublic.ca).

American Eagle by Payless **Glimmer Glitter flat**, top, and American Eagle by Payless **Eve Ruffle flat**, both $37.99.Available in select Payless stores across Canada. Go to canada.payless.com or call 1-877-474-6379 for more.



This **TIMEX Women's Crystal Collection watch, $120,** features genuine Swarovski crystals. For more information, visit timex.ca.

This **PURE Alfred Sung bracelet** was designed by Canadian fashion icon Alfred Sung exclusively for Zellers. Prices for PURE Alfred Sung accessories range from $7.97 to $19.97. For more, go to zellers.ca.

This **Nuit Blanche Trendzone Necklace, $25,** is available at Sears (sears.ca).

This Italian leather handbag, $149.99, is available at Winners. For store hours and locations, call 1-877-WINN-877 or visit winners.ca.

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For the coffee lover
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Responsible gift-giving

LINA TOYODA
for Metro Canada

The holiday season is approaching and in the spirit of giving, perhaps we will think about how our shopping and spending affect the lives of other people around the world.

This year, how about considering a gift with free-trade awareness and social responsibility, or charitable donations for friends and family?

There are many organizations that mobilize initiatives to better the situations of people locally and globally, and the holidays are a great time to pitch in on the effort.

Payless Gives Shoes 4 Kids

This holiday season, Payless ShoeSource is planning to distribute 4,000 pairs of shoes to children of Canadian families in need through their Payless Gives Shoes 4 Kids program.

The retailer is calling on local charities as partners in a grassroots effort to distribute the coupons for free shoes to local children across Canada.

"Especially in the economic crisis, those in need are hit the hardest, said Payless spokesperson Mardi Larson. "This year, the economic crisis is still rippling globally and the need is international."

Shoes are a necessity and having launched the program in the U.S. last year, Mardi said the focus this year was to go international with the shoe-giving program.

"Many times, these are the first pair of new shoes for these children. And what's great is that they can go into a Payless store and pick out their own pair of shoes to reflect their own personal style. It's such a confidence booster."

Ten Thousand Villages

Ten Thousand Villages is a non-profit organization that creates a marketplace for artisans in developing countries to provide a sustainable living for them.

Villages practices fair-trade principles that allow artisans to support their families to provide the essentials like sending their children to school and having a safe place to live.

"We work with people who have very few options or opportunities. Sometimes we work with women or groups in very rural areas where there are absolutely no other employment opportunities for them. So it's basically providing a market for them," said Bev Hiebert, the director of sales of Ten Thousand Villages.

Buy a goat for a friend through Ten Thousand Villages, left, or this Me to We Be The Change T-shirt, is $34.50 at metowestyle.com.

With 50 stores across Canada and more than 100 festival sales, Villages works with more than 2,000 volunteers.

"We work with about 130 different groups in 36 different countries so customers will see a variety of product, everything from Christmas decorations to textiles to even furniture," Hiebert said.

On Nov. 28, Villages will launch a project-based holiday program where you can buy a goat for a friend or even a farm on behalf of your company.

Go to tenthousandvillages.ca for the online shop, local stores and complete details.

Free the Children

Free The Children is a children's charity and the world's largest network of children helping children through education. In fact, 65 per cent of their annual donations come from children's fundraising initiatives, says Craig Kielburger, founder of Free The Children.

"We provide youth with leadership training, global citizenship curriculum in schools and opportunities to assist their local and global community."

"Right now, our network of over one million young people extends across 45 countries," Kielburger says.

"With the help of these enthusiastic young leaders, we have been able to build over 500 schools in Africa, Asia and South America providing daily education to over 50,000 students."

Me to We

Working together with the Free the Children charity is Me to We, a new kind of social enterprise for people who are conscious of their daily choices and want to help change the world through socially responsible lifestyle choices.

Fifty per cent of Me to We's net profits goes to support Free The Children while the other half is reinvested back into the enterprise to ensure its sustainability.

Me to We sells products like a "Be The Change" organic T-shirt for example, that positively speaks their message and makes for a gift that's made in Canada.

"Every volunteer trip, organic T-shirt, song, book, speech and choice adds up," Kielburger says.

Free The Children has many holiday gift options at freethechildren.com.

There are also many socially conscious gift ideas through Me to We at metowe.com.

This year, a little luxury can go a long, long way

ANDREA WOO
for Metro Canada

Despite economic uncertainty, buying a luxury item for a loved one may still be the best investment this holiday season.

Jennifer Silk, a Vancouver-based stylist and personal shopper, says tough economic times may actually be more of a reason to purchase classic items that will last longer.

"You could blow money on 10 items and you won't use them in two months, whereas you blow the same amount of money on one item and ... people will be able to use that item 10 years down the road," she said.

Lisa Freeman, editor-in-chief of Consumer Reports' New York-based ShopSmart magazine, agrees.

"You can't just think about the one-time expense," she said. "Let's say (you want) a basic black dress, and you're deciding whether to go to Walmart or really spend some money at a nicer store. If you amortize the cost over all of those wearings, it's obviously going to be better if you invest in some good-quality thing that's not going to fall apart, and stand the test of time in terms of style.

"If you don't have as much money to spend ... it really does pay to buy better stuff, but less of it."

Freeman added, however, that luxury items do not necessarily have to be expensive. Warehouse retail chains such as Costco regularly sell designer items for less, as do web sites such as overstock.com and outnet.com.

"If you decide you don't want to buy online, it's still a great research tool to get an idea of what's out there and what the prices are," she said. "Use the prices you find online as negotiating tools. Go to the local jewelry stores ... and say, 'I saw something comparable online. Can you match that price?'"

Silk says some of the most requested gifts among women are clothing and jewelry — items best bought keeping in mind classic styles and neutral colours. For men, she recommends suits, trench coats and briefcases.

Mina Almai, a 25-year-old Vancouverite, says a Coach handbag is the best gift she's ever received because it is "classy and timeless."

"It's definitely quality over quantity," she said. "Not to mention timeless pieces are always in style."

Neil Hamilton, a 28-year-old Torontonian, says his most prized gift was a high-end stereo system that got almost a decade's worth of use. "When you get something a little more luxurious, you get the extended use and the memory of who purchased it stays with you longer," he said.

A Coach bag may be an expensive gift, but it will last a long time — and the recipient will love it.

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Holiday Shopping Guide

Kids' toys go battery-powered

ANDREA WOO
for Metro Canada

If you're looking for the perfect presents for young children this holiday season, bypass the stuffed toys and clothing and seek out the battery-powered gizmos.

According to reports from toy industry leaders, many of the hottest toys this season move to some degree.

Reidin Goode, senior marketing manager for Girls at Mattel Canada Inc., says that while tech toys have been popular among "tweens" for a few years, this year they're reaching an even younger demographic.

The Little Mommy Baby Achoo doll by Mattel can speak, sneeze and blow her nose.

"What we're seeing this year is that a lot of the tech toys are trending downward in age," she said. "Previously you might have seen tech toys for the nine- to 12-year-old target group, whereas now we're seeing a lot of tech innovation in some of the toys targeted at younger kids."

An example for boys is the **Tyco R/C Stunt Psycho**, a battery-powered, remote-controlled car that performs flips and wheelies on a variety of surfaces, including grass, sand and pavement. For girls, there's the **Little Mommy Baby Achoo doll**, which can speak, sneeze and blow its nose.

Disney FamilyFun magazine has released a list of the year's best toys, as determined by test families across the U.S., annually for the past 18 years. Topping this year's list is **Invasion of the Bristlebots** by Klutz, which enables kids to turn old toothbrush heads into motorized, cockroach-like robots that can race and navigate mazes.

Executive editor Mary Giles notes that there is also an increasing interest in "active," kid-powered toys, such as the **RipRider 360**, a reinvention of the classic three-wheeler, now updated with dual-inclined casters to allow for resistance-free drifting and spinning. Another is **Melissa & Doug Sandwich Stacking Games**, which requires kids to run and jump around while creating giant sandwiches with large, bread-shaped gloves and sandwich-filling layers.

The Tyco R/C Stunt Psycho is a battery-powered, remote-controlled car that performs flips and wheelies on a variety of surfaces.

"We continued to see an emphasis on active toys, as more and more parents are making sure their kids get plenty of physical activity," she said.

Both Goode and Giles agree that the economic downturn has not had a significant effect on the year's top toys, as they usually consist of a broad range of prices.

"Our cheapest Top 10 toy came in at just $3, the Hot Wheels Color Shifters," said Giles. "But then we also do have some that are still over $100, sort of the big-ticket, special toys that we're hearing people are still interested in getting for their kids."

Store shelves stay empty as retailers fear overstocking

TOYS Robotic toy hamsters, the latest Barbie dolls and stylish boots are disappearing from store shelves as holiday shoppers start to get serious. But don't confuse this with the days of **Tickle Me Elmo**.

Instead of a throwback to great buying binges of the past, the empty shelves are just another sign of bad times.

The shortages come from stores that are terrified of ordering too much and are keeping their inventories thin.

"I guess if you see it, you should get it," said Martha Frey, who was surprised when she couldn't find a specific style of boots in a popular size for her 17-year-old daughter recently at a Top Shop in Manhattan's SoHo district.

The Zhu Zhu Pets hamster ($9.99) has been an early Christmas season favourite as they continue to fly off the shelves.

Shoppers are spending a little more these days, but they aren't going on buying sprees. Stores, remembering how Americans snapped their wallets shut last holiday season, didn't order big piles of merchandise in the first place.

The result is that popular toys are already hard to find even though there are still seven weeks to go before Christmas,.

In fact, the holiday season's early hit — the **Zhu Zhu Pets** hamster, an interactive mechanical rodent by Cepia Inc. that sells for $9.99 and is being compared to Furby a decade ago — is almost impossible to nab.

Other toys that are already becoming hard to find include Mattel's Mindflex, which measures brain activity through a helmet, a Nerf dart thrower called **Nerf N Strike** from Hasbro Inc. and **Barbie Fashionista**, who can twist her hips and strike other poses.

"Stores just under-ordered across the board," said Jim Silver, an analyst at Timetoplaymag.com, who predicted shortages of the top 100 toys by early December.

In a typical year, only the top 15 are in short supply that early. In recent weeks toy makers have dispatched executives to China to make sure they get enough products to keep shelves full, Silver said. But production times can be long, and chances look slim that people who put off buying a coveted toy until Thanksgiving will be able to get one by Christmas.

Barbie Fashionista can twist her hips and strike poses.

Shoppers are starting to notice.

Tami Megal, a 36-year-old mother of girls ages five and nine from Melville, N.Y., had to go to Toys R Us five times before she got her hands on Zhu Zhu Pets a month ago. But she's having a hard time finding the accessories, like the car, pet carrier and bed.

"It's no use to just get the hamsters. You need the habitat," she said.

Megal noted that overall worry about shortages has made her start her holiday shopping early. She's almost finished.

The barren shelves are in stark contrast to last year, when stores ordered too much and had to slap big discounts on merchandise as soon as it hit the floor. Holiday sales posted their biggest decline in at least three decades, and the results cascaded into poor profits and even the closing of prominent stores like Circuit City.

Stores would rather be out of stock than stuck with lots of leftovers. But they also know that merchants who carry goods shoppers want will have an edge.

"No one wants to leave money on the table," said John Long, a retail strategist at Kurt Salmon Associates. "No one wants to disappoint customers."

October sales results showed that lean inventories have helped raise profits for stores, but they're also limiting sales. And many reported slower sales toward month's end as they ran out of clearance merchandise.

Inventory is one of the biggest challenges stores face this holiday season, said Carl Steidtmann, an economist at Deloitte Research. Nevertheless, they're reordering only the best-selling items.

Even then, they may be out of luck. Manufacturers, particularly small ones, matched production to orders and don't have extras ready to ship.

BaseCamp Adventure Outfitters in Basking Ridge, N.J., which sells outdoor clothing and gear, has sold out of a few styles of fleece jackets from brands like **Horny Toad** and **Prana**. The store can't get more until April.

"Folks are coming in, and we are trying to reorder," said Nick Marotta, a sales associate.

"But there is nothing to get."

THE ASSOCIATED PRESS

All wrapped up
Make your gift stand out under the tree with gift wrap and gift bags from the Get Your Merry On! Collection. Prices range from $1.99-$5.99 at Hallmark, hallmark.ca. METRO NEWS SERVICES

Call of Duty a blockbuster

This holiday season's biggest entertainment blockbuster likely will be a sequel to a popular franchise, with jarring depictions of war and an intricate story of good versus evil. It could easily rake in more than last year's record $155-million US opening weekend for The Dark Knight.

But this blockbuster is not a movie. It is Call of Duty: Modern Warfare 2, a video game that Activision Blizzard Inc. released last week. Fans worldwide are expected to spend at least half a billion dollars on the game this week.

That would at least match last year's Grand Theft Auto IV, which was the most successful video game release in history and might have been the top entertainment launch ever.

To fans, who refer to it as COD, the game sets the benchmark for stunning cinematography and striking realism, with troops of elite soldiers hunting down targets in South America, Russia, Kazakhstan and Afghanistan. Players typically plug into an online community, moving in teams to hunt down enemy snipers.

To retailers suffering through the recession, it's an early Christmas gift, a product that may get consumers in North America and Europe to open their wallets.

To detractors, it represents everything that is wrong with the billion-dollar video gaming industry: Blood-soaked images of warfare that they say pose a risk to the mental health of children and adults who may not be able to tear themselves away.

Call of Duty carries a rating of "M," meaning the content is suitable for those ages 17 and older. Made for the Sony PlayStation 3 and the Microsoft Xbox, it retails for about $60.

The Internet buzzed about the game all day last Tuesday, and there was no shortage of hyperbole.

As pre-orders topped 1.6 million, Amazon officially named COD the biggest selling pre-order video game of all time. Robert Kotick, chief executive of Activision, crowed that the shooter game is likely to be "one of the largest entertainment launches of any media of all time."

There's no question that the video-gaming industry is massive. It was worth an estimated $14.7 billion US in the United States last year, surpassing the $9.6 billion movie industry.

Investment banking firm Janco Partners in Denver, Colo., estimated the game would sell as many as 4.6 million units the first day. That would beat last year's blockbuster Grand Theft Auto IV, which sold 3.6 million units on the first day.

A scene from Call of Duty: Modern Warfare 2.

Through the rest of the year, the COD tally could swell to 11.1 million units, said entertainment software analyst Mike Hickey. That doesn't include revenue from the used or rental market.

Best Buy Canada has taken thousands of pre-orders online and in stores, said marketing manager Mary Ann McKenzie. "This is absolutely the biggest gaming release of the year," she said.

"The response is like, 'Recession be damned. I'm getting it,'" she said.

TORSTAR NEWS SERVICE, WITH FILES FROM THE ASSOCIATED PRESS

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DIY presents a personal, unique option

LINA TOYODA
for Metro Canada

With the economic downturn cinching financial belts, this holiday season is a good time to adopt a DIY ethic and consider some gifting alternatives.

Not to fret if you're a novice crafter or even a beginner, because there are ideas for all skill levels. All you need is an afternoon and a little creative determination.

Here are some tips from an expert crafter, Austen Gilliland, senior craft editor of Canadian Living magazine:

Food gifts

"I think food gifts are a really good idea because you can put in an afternoon worth of effort but you can get a dozen gifts out of it. Something like a cookie mix or a jam or a jelly or something like spiced nuts."

Without spending too much money, you can get big volumes out of food gifts. Like a typical batch of jam, you'll get anywhere between six to 18 jars, she says.

Presentation

There are simple ways to make a gift look great. And you don't really need a lot of special material to do a nice job with wrapping, Gilliland says.

"Even if you pick up brown paper bags — that you would use for a lunch bag — you can get 50 of those for under $3 at the grocery store. And then if you go to the fabric store, you can usually find a nice ribbon and you can get metres of that for $2 or $3."

Small details can add a nice touch without costing much.

When Gilliland is making gifts, she says she will often choose one idea and make variations on that idea for a half-dozen people.

"Once you do the first one, you know what you're doing and you can get into a rhythm and get a mini-production line going. You really want to maximize your time and resources, and that's one way to do it."

Monograms

You can take a nice notebook — a moleskin notebook for example — and make a cover. Everyone's notebook cover is basically the same but it will have their initials on it, says Gilliland. And monograms are a great way to do that.

"On the Internet, you can find instructions on everything. You can learn how to screen print, monogram something — you can learn how to paint china. You can download fonts and get a cool font for the letters," she says.

So a great go-to idea is to monogram something, whether it's a pillowcase or a coffee mug.

Themed calendar

If you're a photographer, it doesn't take a long time to put a calendar together. Pick a fun theme, like 'Year of weird stuff,'" says Gilliland.

Many computer programs will have a basic template that you can use to personalize it however way you want. Run it down to your local print shop and it will put it together for you, she says.

Plan ahead

It's a good idea before you get yourself into a frenzy of Christmas present-making to sit down and make an extensive list. Write down everybody you want a present for and decide what you're making ahead of time. When it's time to shop for supplies, take a list with you.

Making your own gifts is a great way to save money but you really need to do the planning ahead of time, Gilliland says. "And that's where the variations on a theme comes in, because often — like the moleskin notebooks — you can get three in a pack."

One-of-a-kind

The best things about homemade gifts is that it is unique and personal.

"I think it means more when you get something that somebody made with their two hands," Gilliland says.

"It sounds kind of fanciful to say the heart and soul of the maker is present in the gift that they made with their hands, but I do believe that there is something to be said for that idea."

With food gifts, you can put in an afternoon worth of effort but can get a dozen gifts out of it, says expert crafter Austen Gilliland.

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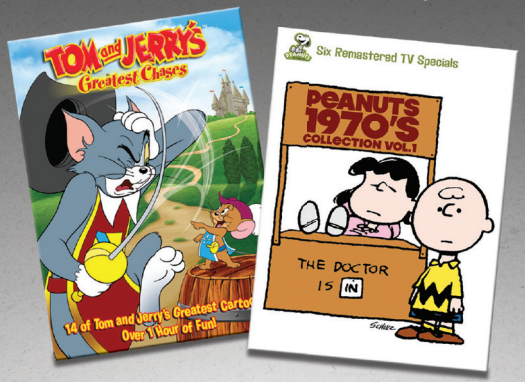

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Holiday Shopping Guide

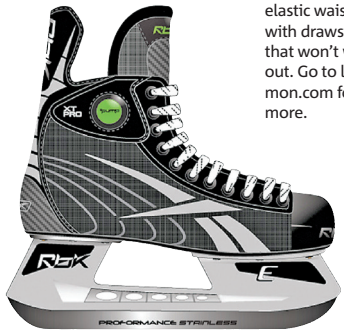
Game on!

This **Bauer Supreme One 75 Goalstick, $129.99,** is available at at Canadian Tire (canadiantire.ca).

Show your Canadian pride with this Vancouver 2010 **unisex weave beanie**. For more details or to order online, go to elevatesport.ca

This **Fila AT Corsa Shell Hoodie for men, $80,** has a full zip reversible jacket with hood and two hand pockets. For retailers, call 1-800-668-5480.

This **Game On Pant, $78,** by Lululemon has a soft elastic waistband with drawstring that won't wash out. Go to lululemon.com for more.



These **Reebok Pump Skates, from $299.99,** feature quick drying-double density microfibre liner. Available at Canadian Tire (canadiantire.ca).

A portion of the sales of **Otterbottle stainless steel water bottles,** which range in price from $15.99-$21.99, to towards supporting the David Suzuki Foundation. For more, go to otterbottle.ca.

This **Winnwell Tower Bag, $99.99,** features an enzyme that kills the nasty odours associated with a well-used bag of hockey equipment. Available at Canadian Tire (canadiantire.ca).

Spaces and Places is a supplement to the Metro Homes section featuring various segments of Calgary – in this month's edition we cover west of Sarcee Trail from 16 Ave northwest south to Glenmore Trail.

Spaces & Places

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Ski in your own backyard

Canada Olympic Park offers year-round recreation so close to home

The world is coming to Calgary time and time again as Canada Olympic Park gets set for a season of world cups.

Kicking off 2009 with its earliest ever opening on Oct. 17, COP has since consistently covered its main hills with fresh powder and eager Calgarians according to Brendon Arnold, COP's communications specialist.

"Our hills have been packed with people, all day on the weekends and lots coming in on weeknights for our 4-9 p.m. reduced rates. We're off to a great start this year. "

COP is utilizing its sizable facilities to host a variety of international competitions, including bringing back the Burton Canadian Open, which was a huge success for COP last year, and promises to be even better this year.

"We're planning on making it like a mini-Stampede, with a few days of bands, booths and boarders from all around the world competing," said Arnold.

METRO CALGARY

(Left) Snowboard right out the backdoor at the city's year-round playground, Canada Olympic Park.

West side amenities prepared for growth

AMENITIES With the completion of the Calgary West LRT line in 2012 the rest of the city is bound to come knocking west of Sarcee Trail for the wealth of amenities enjoyed by local residents.

Beyond the two mainstays which pin-down the area as a place to visit, the Westhills Towne Centre & Signal Hill Shopping Centre, as well as Canada Olympic Park, the incoming Calgarians find themselves presented with schools, parks, churches and shopping.

New residents, such as those moving into new developments like the Village at West Springs, have the option to take in the multitude of organized sports Calgarians play against each other at Optimist Athletic Park, shop at one of six local strip malls, or simply walk along the crest of Battalion Park overlooking the vast Sarcee Nation.

A quick ride to the Trans-Canada Highway leads to the Bragg Creek, the mountains, or to the even closer slopes at COP. The education and care of future generations is well taken care of as well in the 11 schools in the area, with a proposed 12th being built for 2011, and the six day-cares and four local medical clinics.

METRO CALGARY

Signal Hill numbers tell historic tale

BATTALION It is a common Calgary tradition to take the long swing on Crowchild towards the Westhills shopping centre and to ask: "What's the deal with those numbers?"

The numbers have been on the hill overlooking since 1915, placed by young soldiers waiting to go fight in the First World War. All 20,000 stones were carried up the hill in sacks from the Elbow River by soldiers training at the nearby Camp Sarcee as part of a make-work project.

The four sets of numbers, 137, 51, 151 and 113, correspond to the numbers of the battalions of the Canadian Expeditionary Force who trained at Camp Sarcee.

After the war the numbers became over-grown and were largely forgotten until a local historian looked for them before construction was slated to being in the area. Soon, the numbers were declared a historic site and cadet groups painted the numbers white. The site was opened as Battalion Park on Nov. 3, 1991.

METRO CALGARY

Ever ask yourself what the numbers near Westhills Towne Centre mean?

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Village at
West Springs

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* Some conditions apply. See sales representative for details. Prices subject to change without notice. Applicable taxes not included.

LRT to service far west

The expansion of the LRT system into west Calgary is singing the demise of Ernest Manning High School, at least in its current location.

With construction of the LRT stations slated to begin in Feb. 2010 and the doors projected to open in Dec. 2012 the project has been a long time coming since the city launched its initial study of the plan in 1983. Those living west of Sarcee Trail will play host to two stations, the Sirocco station on the north side of 17th Ave. S.W., and the 69 Street station which will be the end of the line.

Ernest Manning will be moved from its location on 16th Ave to a new location on 69th Street and 17th Ave to accommodate the LRT stations, and a new high school will be built across the street from the 69 Street station. The new school, West Calgary High School, is a joint project between the Province of Alberta and the City of Calgary who are each contributing $30 million. West Calgary is expected to host 1,500 students when it opens and will allow for expansion to a total of 1,800, which almost doubles Ernest Manning's Sept. 2009 enrolment of 952.

METRO CALGARY

ADVERTISING FEATURE

The Village at West Springs

The functional kitchen of the "Enclave" model.

Located in Calgary's highly sought-after west side, the Village at West Springs brings together a sense of an old-fashioned neighborhood accentuated with timeless architecture and a stunning one-acre central park and water feature which truly sets the Village at West Springs apart from the rest.

"It's one of the premier townhome communities in Calgary's Southwest." says George Mylonas, President of Landstar Development Corporation. "Sited in a superior location with the benefit of being in close proximity to many local amenities, the Village at West Springs offers the best of both worlds - peace and serenity with access to the excitement and energy of the city."

"What distinguishes The Village at West Springs from other developments is not only the community we've created, but the sense of style that is visible both inside and out," says Tammy Kneller, Landstar's Development Assistant "Each of the 92-units is designed so they look and feel like single-family homes complete with a single or double garage. The engaging color scheme and architecture gives the Village plenty of character and vitality." adds Kneller.

"Each of the 92-units is designed so they look and feel like single-family homes complete with a single or double garage. The engaging color scheme and architecture gives the Village plenty of character and vitality."
Tammy Kneller,
Landstar's Development Assistant

The interiors are exquisitely designed with a very sleek, elegant contemporary style. Stainless steel appliances add to the contemporary styling and are standard in every unit. Espresso color cabinets combined with carpet and tile give each unit a chic, contemporary feel. "We are very proud of the success at the Village at West Springs. This is a true indication to us, that today's homebuyers appreciate our effort in bringing a community reflective of their "must have's" to the Calgary market," adds Kneller.

Already at 80% sold out, Kneller urges new home buyers to act quickly. Landstar's newest promotion is offering $20,000 off the list price to the first 10 Enclave purchasers enabling you to be in your new home at the Village at West Springs by Christmas.

"Now is the time to purchase at the Village at West Springs. With the release of our final inventory starting at $390,900, we are offering incredible value and immediate possessions. In addition, condo fees at less than $200 per month makes the Village at West Springs the right choice." adds Mylonas.

Village at West Springs

756 - 73rd Street SW
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RateSupermarket.ca Canada's rate comparison website

Metro Homes

Plaid props

Snuggle down on the sofa with a pile of plaid Soho pillows to prop you up. Home Outfitters, $19.99 each, homeoutfitters.com.

EMMA YARDLEY/FOR METRO CANADA

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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Terrific **tartan and plaid**

EMMA YARDLEY
for Metro Canada

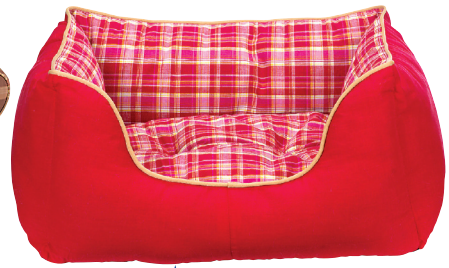
As the leaves fall from the trees and the temperature drops, plaids and tartans start to appear in shop windows. Those horizontal and vertical bands of colour aren't limited to winter scarves and pajamas though. They've earned their stripes in home decor, as well.

"Plaids evoke traditional decorating, (they're) much more adaptable to fall and winter colours," Karl Lohnes, home expert for Canada AM. "Plaids need dedication; they need to be the main focus in a room either wallpaper, large scale fabric on drapes or a large sofa. One big element of plaid is enough."

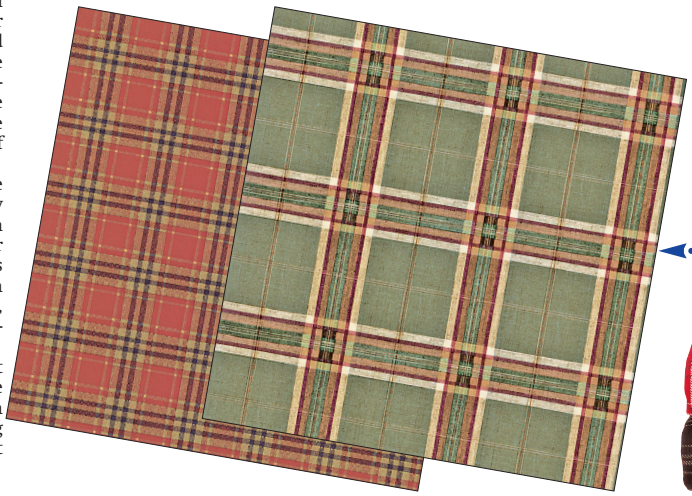
To give a room a more masculine feel, pair richly coloured plaids with leather, suede and other heavy fabrics. There are lots of options out there, from picture frames to dressers, but make sure to avoid pastel plaids.

"Choose your plaid first — the bigger the room, the bigger the pattern — then decorate around it. Adding plaid as an afterthought never works!"

A tartan-upholstered couch can be the standalone piece in a living room. Home Furniture, $1,299, homefurniturecanada.com.



Present your pup with his own plush plaid pad. Bow Wow Rectangle Reversible Cuddler, $9.99, Canadian Tire, canadiantire.ca.



Peel them, paste them, and scrub them. Besides being easy to apply and even easier to maintain, these solid vinyl tartan wallpapers bring texture and dark rich colours into a room. The Home Depot, 56 square feet per roll, $39.98, homedepot.ca.

Bed sheets are a great way to experiment with plaid in a bedroom without having to commitment to something more permanent. Lodge 250 Thread Count Plaid Cotton Percale Sheet Sets, $39.97, Walmart, walmart.ca.

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Living green from the roof down

HomeScape

Sylvia Putz

metronews.ca/homescape

We are currently in the process of getting a green roof on our backyard shed, and the question I've been asked most often is why?

Indeed, why would we do this? My father shudders at the notion of putting soil and plants up on a roof. It could leak and compromise the roof, he warns darkly. Some of my older neighbours shake their heads doubtfully at the idea.

Even some of my friends look blank and want to know what it is and how it could possibly work when I mention our green roof.

But interest and knowledge is growing. In many neighbourhoods, green-roofed areas have started to appear, mostly on sheds or on flat overhangs over porches or backyard decks.

We've been dealing with a company called Xeroflor (xeroflor.ca), which installs green roofs using specialized materials, and has offices in Toronto, Vancouver and Montreal. This company has been doing it here since about 2001. So far, it's been mostly on commercial buildings and condos, with only a sprinkling on private residences. But with increasing interest in the residential sector, and an upcoming new Toronto bylaw mandating green roofs (January 2010) on many commercial, industrial and institutional buildings, interest and knowledge will continue growing.

A green roof is what it sounds like — a roof that is green with plants rather than black with roofing tar. The best scenario is a roof that is engineered with a green roof in mind. Existing roofs can also be used as a green roof, with some conditions related to reduced weight load.

The roof must be finished before the green roof is applied in order to waterproof it. Some larger roofs may be built with access, but for most residential applications, a green roof is visual, meaning that the view can be enjoyed from a window, but does not allow access. And it is usually on a flat roof — it's not recommended on a sloped roof.

Different plants can be used, and will grow on a growing medium selected by the green roof company, but plants are all selected to handle the hot, dry conditions on most roofs. If you've got a shady space, you may want to consider a moss mat. The one being installed on our shed is a low-growing sedum (4 to 6 inches high), and does not normally require watering.

The cost of installing the Xeroflor system is about $15 per square foot, depending on size and accessibility.

Doing it yourself is not recommended for green roofs because of its specific requirements.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

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BROSE expands collection

Though cocktail dresses remain at the heart of the collection, fashion label BROSE has announced its 2010 line has now expanded into cocktail separates, including jackets, pants, skirts and tops. METRO NEWS SERVICES

Style

Designers vie for lucrative price

The Toronto Fashion Incubator is inviting emerging Canadian designers to create looks fit for a doll — all part of a shot at taking home a lucrative prize package. The non-profit organization is holding its annual TFI New Labels contest, which has helped launch the careers of Canadian top designers like David Dixon and NADA (headed by Nada Shepherd, pictured left). The fashion design competition is open to professional women's wear apparel designers who have been in business for three years or less. Submissions are due Nov. 24. THE CANADIAN PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

A sign of good breeding

A camel-coloured coat can help spice up a cool-weather wardrobe

A camel-coloured coat may sound bland, but it could be just the thing to spice up a cool-weather wardrobe.

While a camel coat makes a classic chic statement, the style is malleable enough to be either a trendy boyfriend jacket or traditional trench. Its place in fashion history, on the backs of Katharine Hepburn and Grace Kelly, and Ali McGraw and Kate Moss, give it a solid pedigree, and the colour — a range of shades between tobacco and fawn — has a richness to it that, quite frankly, makes you look rich.

"Camel looks indulgent like winter white but has the pragmatism of grey and black. It's the best of both worlds. ... A camel coat evokes throwaway glamour," says Michael Kors, who for many seasons has used camel as a core of his fall collections.

You can wear camel with any colour in your wardrobe, including black, which makes a camel coat a good investment piece, but one that you don't have to spend a fortune on, says Stephanie Solomon, fashion director of Bloomingdale's. She says she owns three styles — a zip-front, a peacoat and belted version — and she's had each for at least 20 years. They come out of the closet every time she wears the black pants, black shirt, black heels combo.

Kors suggests pairing camel with white or bold brights like red or orange; stylist Mary Alice Stephenson recommends it with one of the season's other trends, a neon colour like hot pink or electric blue.

Macy's vice-president of ready-to-wear fashion, Nicole Fischelis, says the contrast colour doesn't really matter because what most complements a camel coat are brown leather accessories — the belt, the boot, the bag. She likes a little animal print thrown into the mix, too.

"Camel looks indulgent like winter white but has the pragmatism of grey and black. It's the best of both worlds."
Michael Kors, fashion designer

Camel coats aren't always camel-hair coats, but that's the garment that really made its mark in the middle of the 20th century as a sign of sophisticated taste. Camel hair is from the soft undercoat of the camel, with a similar feeling — and similar cache — to cashmere and alpaca, explains Marlene Middlemiss, fashion design instructor at the Fashion Institute of Technology. Over time, some manufacturers started mixing camel hair with wool as a cost-cutting measure.

"Camel works in everything from dyed wool to cashmere or camel hair. It looks best in fabrics with texture and what fabric you choose depends on your wallet, climate and the shape of your garment," says Kors. THE ASSOCIATED PRESS

Crop, belted coat, Old Navy, $89.50.

Thinsulate lined herringbone coat in Palomino, Talbots, $299.

Leather coat for men, Banana Republic, $610.

A Michael Kors camel-coloured coat shown at New York Fashion Week (February 2009).

Curves to boot

Lots of choice for women with wide calves

JANINE FALCON
For Metro Canada

For women with curvy legs, this time of year usually means footwear frustration.

"I can never find tall boots to fit my calves," says Heather Watterworth, a public relations rep for cosmetics company Mary Kay. "They're always too tight."

Sure, Watterworth and others like her could go for below-the-calf heights, or uninspired shiny stretch vinyl, but in this season of knee-high chic, those options just don't measure up.

Happily, according to Town Shoes PR director Crissi Giamos, "This is a fabulous season for fitting different calf widths."

Shoe repair shops may also be able to help stretch boots

Knee-highs with generous stretch panels are certainly more and more common, and lace-ups — as long as they lace-up for real — offer adjustable comfort (Rockport, Timberland and Cole Haan all have handsome lace-up styles this season).

Giamos also recommends giving the popular slouchy boot a try, the type that allows the wearer to pull the boot leg up or push it down. They tend to have a roomier fit; some also have stretch, she says.

In terms of brands, Giamos points to David Dixon, Kate and Mel, and the Town Shoes private label.

In fact, an encouraging number of companies now make boots with curvy-calf appeal. Ron White carries an impressive variety of suitables by Cole Haan, La Canadienne, Mephisto, Stuart Weitzman and Frye, as well as the Ron White signature line (RonWhite.ca ships across Canada and internationally).

Left: Timberland Charles Street Tall Lexiss Waterproof boot, $200.

Below: Ecco Hancock Boot, $275.

Ecco boutiques may also yield a find; the brand prides itself on its forgiving cut that fits a range of calf sizes. And for the online-savvy, US-based WideWidths.com offers wide, extra-wide and super-wide calf sizes from companies such as Blondo and Naturalizer.

Left: Frye Rory scrunch boot, Ron White, $448.

A good shoe-repair shop may also be able to supply a better fit, either by stretching the boot shaft or putting in an insert.

They're not always easy to find, but the best ones are usually known to local shoe-store staff.

Right: Lacoste Tobie slouch boot, $275.

Skinny-fit boots

For some women, boot shopping season has them turning to thoughts of calf curls at the gym. Yup, that's right we're talking about you skinny legs! Ever found the perfect boot with the perfect fit around the foot, but just too much give in the calves?

Turns out finding boots for slender calves is just as tricky as sourcing generous fits. Stretch boots are an option because they typically have a narrower cut. Town Shoes' Crissi Giamos suggests the season's trendy over-the-knee boot as a solution. Fans of more classic styles, however, may have to resort to having their boots altered.

Linda Aprile, an administrative assistant at Marsh Canada, an insurance brokerage, had her leather boots taken in at Mr. Presto Shoe Repair in Toronto, Ont. "The shape didn't change at all; he did a great job," she says.

Owner Jimmy Langton says it's a labour-intensive effort that requires care and precision. "I do them when I'm less busy. They take more time than stretching because they have to be fitted to the customer, and what can and cannot be done has to be explained." He figures he does about 20 or 30 of those per year; the cost starts at about $65.

JANINE FALCON/
FOR METRO CANADA

Left: Barbie by Town Shoes overknee boot, $275

Jess rooting for Ashlee

Jessica Simpson is excited to see sister Ashlee playing Roxie Hart in Chicago on Broadway. "I can't wait to watch @ashsimpsonwentz on broadway in all of her glory!!!" Jessica Twittered. "I get chillbumps from toes to noggin thinking about it!!! YAY!!!!!" USMAGAZINE.COM

Entertainment

Depp sexiest

People magazine has selected their new Sexiest Man Alive, and the honour goes to Johnny Depp. Depp is only the third man to earn the title twice, after Brad Pitt and George Clooney. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Stop motion lives

Human touch behind success: Expert

PHIL BROWN
Metro World News

In an age when animation is dominated by digital CGI (most notably the work of Pixar), one form of analog animation seems to be gaining momentum. Traditional hand-drawn animation is practically dead, but stop motion continues to thrive.

Over the next week, two stop-motion features are hitting screens: The independent claymation feature Mary And Max, as well as Wes Anderson's big budget Roald Dahl adaptation The Fantastic Mr. Fox. Something about this meticulous handmade animation continues to resonate with audiences even though it should be outdated.

m.metronews.ca

Scan this barcode to see more stills from the films mentioned here on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

"For audiences, stop motion has an inherent charm that simply cannot be replicated in drawn or CG animation," says professor Christopher Walsh. "This charm largely comes from the physical aspect of the medium. In stop motion it's a real puppet on a real set moving through real space."

Walsh should know, considering that he is one of the instructors in the Animation Program at Sheridan College (the only institution in Canada with a comprehensive stop-animation program).

"Human hands make the whole world that appears on screen and that human connection, in an increasingly digitally polished age is reassuring to an audience," claims Walsh.

This audience connection is very real and as a result the production of stop-motion animated films is greater today than ever before. With this in mind, we would like to take a look back at some of the finest works of stop motion ever produced.

Left, the claymation feature Mary and Max opens next week; Stop-motion classic Wallace and Gromit has won several Oscars.

THE NIGHTMARE BEFORE CHRISTMAS

Director Henry Selick transformed the traditionally jerky stop-motion medium to a slick Hollywood production with stunning results. The first ever feature length stop-motion animated film made in Hollywood didn't take the box office by storm on initial release, but has gone on to become a contemporary classic that played a major role in the resurgence of the format.

WALLACE AND GROMIT

British animator Nick Park's clay man and dog duo have been subjects of four short movies and one feature that have won countless awards (including several Oscars). The characters are incredibly expressive in a manner rarely achieved in any form of animation.

THE RANKIN/BASS CHRISTMAS SPECIALS

Possibly the most beloved works of stop motion ever produced, these classic adaptations of Christmas stories like Rudolf The Red-nosed Reindeer have become annual holiday favourites.

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Michael Hall accused of attacking ex

Anthony Michael Hall has been ordered to stay away from his ex-girlfriend after he allegedly attacked her in her New York home. Diana Falzone filed papers against the actor last Tuesday. FEMALEFIRST.CO.UK

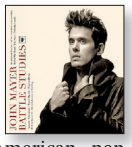
Mayer too sweet for Battle

AlbumReviews

music@metronews.ca

John Mayer

Album: Battle Studies
Label: Columbia/Sony
Rating: ●●½



JOHN MAYER IS ONE of the rare real talents to come out of the last ten years of American pop music. And he's got some of the best players in the business backing him up with Steve Jordan on drums, Who sideman Pino Palladino on bass, ex-Faces legend Ian McLagan on keyboards and session wizard Waddy Wachtel adding acoustic guitar. So why does Mayer insist on pushing these oh-so-safe, warm-and-cuddly songs at us? Yes, the duet with Taylor Swift is nice. But he didn't have to serve up an entire album of niceness. Even when he tries to prove his guitar rock credentials on Robert Johnson's Crossroads, Mayer wimps out with an oddly smooth version of the blues classic. Mayer needs to find a balance between his self-absorbed live recordings and this overly sweet studio stuff.

Graham Rockingham/ for Metro Canada

Norah Jones

Album: The Fall
Label: EMI
Rating: ●●●

A "FALL" FROM GRACE? Certainly not as far as her fans are concerned. Norah Jones' fourth album continues on the rootsy down-tempo path of its predecessors, her sometimes sultry, sometimes charming voice a perfect companion to an evening by the fire place or a wine-fueled dinner. The "fall" in the album title is probably more a fall from innocence, with many of the self-penned tunes stinging with the melancholy of breakup. Jones does, however, show she's capable of being an outlaw rocker ala Steve Nicks on tracks like Young Blood and It's Gonna Be. Also worthy of note are two co-writes, one with Ryan Adams (Light as a Feather) and the other with Okkervil River's Will Sheff (Stuck).

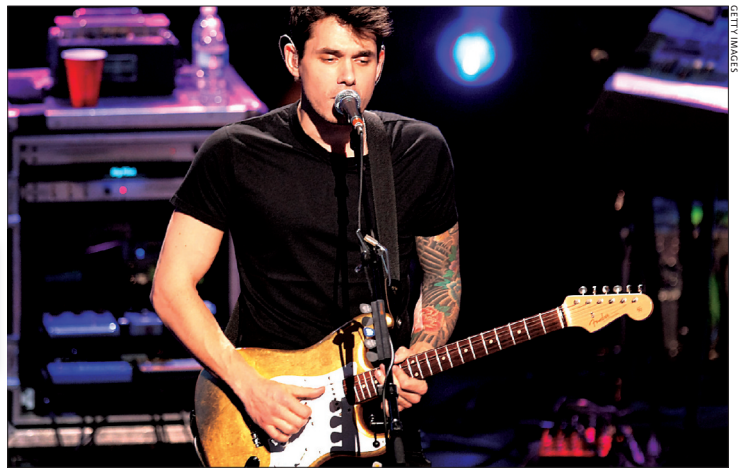
Graham Rockingham/ for Metro Canada

Leona Lewis

Album: Echo
Label: RCA/Sony
Rating: ●●½

AS FAR AS SINGING competition winners go, Leona Lewis' popularity is on par with Kelly Clarkson and Carrie Underwood. The X Factor champ's debut disc was a massive hit and her second record will sell a lot too. But while she has a stellar voice, her music is boring. She doesn't have Clarkson's rock edge, or Underwood's country charm — she's an R&B pop singer just like Maria Carey. Epic choruses and overwrought versus litter the record — a little more of her own personality would do this record good.

Bryan Borzykowski/for Metro Canada



GETTY IMAGES

John Mayer serves up some smooth rock in Battle Studies.

Them Crooked Vultures

Album: Them Crooked Vultures
Label: Universal
Rating: ●●●●

DAVID GROHL, JOSH HOMME and John Paul Jones must have been listening to a stack of old Cream records when they decided to put together their own supergroup. The comparisons between Cream and Them Crooked Vultures are too tantalizing to ignore. We've got three giants of their genres — Grohl, frontman of the Foo Fighters and and drummer of Nirvana, Homme, guitarist and singer for Queens of the Stone Age; and Jones, bassist and keyboard player for Led Zeppelin — coming together to form a power trio. Dreamy high-pitched vocals ala Jack Bruce, distorted guitar riffs ala Eric Clapton and crazed discordant drumming ala Ginger Baker. Tracks like Scumbag Blues, Bandolier and Elephant could easily have fit onto Disraeli Gears. But who could ever fault three master musicians putting aside egos, to come up with what they used to call, back in the day, a very "heavy" record. Thank goodness, there's no 16-minute drum solos.

Graham Rockingham/for Metro Canada

Kris Allen

Album: Kris Allen
Label: Jive/Sony
Rating: ●●½

IF YOU THOUGHT Kris Allen's record would be the first American Idol winner debut to be good, you're out of luck. The spikey-haired boy-next-door, churns out a lot of nauseating faux-rock on his first disc. Like most Idol albums it's completely devoid of the singer's personality — listen to The Truth and you'll see what I mean. Much of the disc is cliché post-reality TV pop. There are some rockers — like Before We Come Undone — but there's too much Rob Thomas-like sap to make this work.

Bryan Borzykowski/for Metro Canada

Paul McCartney

Album: Good Evening New York
Label: Hear/Universal
Rating: ●●●

DOES THE WORLD really need more recorded renditions of Beatles songs? That's up for debate, but it helps that the guy playing the band's old hits is Paul McCartney. This is yet another live album from Macca that's filled with Beatles tunes, Wings tracks and solo material. The double disc features everything from Drive My Car and Jet to lesser known tracks such as Highway. While there's nothing here you haven't heard before, his voice is still top notch and the recording quality is fantastic. Worth a listen.

Bryan Borzykowski/for Metro Canada

Hudson to play Winnie Mandela in feature flick
Jennifer Hudson will play Winnie Mandela in Winnie, a movie about former South African president Nelson Mandela's powerful apartheid-busting but disgraced ex-wife that will begin filming May 30. **PEOPLE.COM**

A 'Noble' Fringe scientist

Dr. Walter Bishop follows in a long line of mad scientists. An unbalanced genius like Bishop going at it in his lab is a pop-culture staple. Or even, some would say, a cliche.

But in the able hands of John Noble, who stars on Fox's sci-fi thriller Fringe, Bishop comes to life. He is both comical and tragic, nutty as a fruitcake yet totally relatable. This is a living, breathing portrayal.

Bishop is a scientist of Einsteinian proportions who for decades was deemed insane and, until Fringe started last fall, institutionalized.

Then his long-estranged son, Peter (played by Joshua Jackson), reluctantly agreed to provide the supervision Dad required to re-enter society.

Rounding out the show's odd threesome is FBI Agent Olivia Dunham (Anna Torv).

She needed Bishop and his filial caretaker to help her track down perpetrators of "fringe science" (way-out stuff like mind control, teleportation, astral projection and genetic engineering) who threaten national security and, possibly, the human race.

This calls for Bishop to display his scientific know-how — while wrestling with his demons — in a self-styled jumble of a lab complete with his pet cow, all lodged in a basement at Harvard University.

"There's not any phase where I don't kind of understand where Walter is coming from."
Fringe star John Noble

For Bishop's character to work, you have to buy into everything he says, no matter how unhinged; feel for the guy, no matter how inappropriate his behaviour; care about him, even when he acts ridiculous.

Noble makes it work.

"I understand Walter," Noble explains. "I can understand his childish enthusiasm quite well. I understand his loneliness, and his attempts to re-establish contact with his son.

"There's not any phase where I don't kind of understand where Walter is coming from."

The Australian-born, 61-year-old Noble is a theatre veteran who for a decade was artistic director of the Stage Company of South Australia, which, during his tenure, produced 70 new plays by fellow Aussies. His extensive film work includes two of the Lord of the Rings fantasies, playing Denethor.

Now, he calls his Fringe role "a huge gift. It enables me to use a range of skills developed over so many years, and grow a character over a long period of time."

Just how long may be to doubt. In this, its sophomore season, Fringe has struggled for viewers.

This makes Bishop's added service as comic relief all the more welcome.

Elbow-deep into an autopsy, he might direct his lab assistant to fire up a Bunsen burner and start preparing some custard.

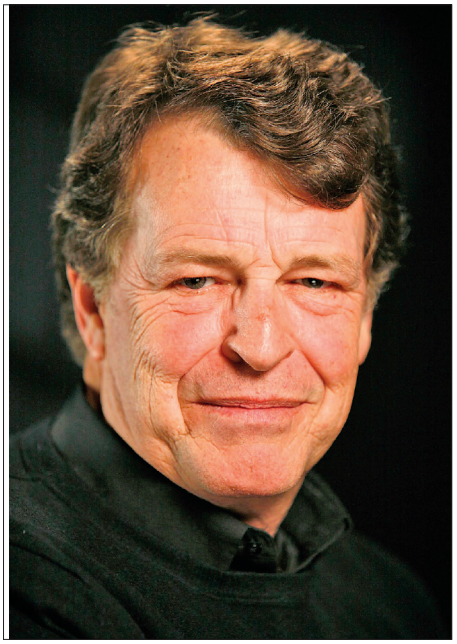
Then he giggles and, in his Brahmin-seasoned accent, says in wonderment, "It's funny: I love custard... but I hate flan!"

Meanwhile, it falls to Bishop to voice a lot of complex scientific exposition (plus loopy-sounding theories) to keep the story moving along.

A cinch, insists the actor.

THE ASSOCIATED PRESS

Fringe is on Thursday nights



Fringe star John Noble plays mad scientist Dr. Walter Bishop on the hit sci-fi series.

Jones debuts new sound

TALIA SOGHOMONIAN
Metro World News

The 30-year-old singer from Brooklyn took the music world by storm back in 2002 with Come Away With Me. Her new album, The Fall, confirms her talent and desire to move on. Metro World News recently had the opportunity to catch up with the singer and ask her about her sound and the new album.

Q Your sound is distinctly yours, just a bit more experimental...

A It was just time. Sometimes you just feel like you have to do something different..

Q You worked with producer Jacquire King. What did he bring to the album?

A I had a lot of different ideas I wanted to try, but I didn't really know how to try them on my own. Once we talked, we just totally clicked and he really understood what I was talking about.

Q You mentioned having done a lot of demos. Did you get some old ideas and rework them?

A Yeah, I like doing that. Even if I have an old idea, even if I know it's maybe not my best song, I want to write and give it a life as best I can. I always like to pull out old stuff and try to revive it, give it CPR!

Q Is there anyone you'd like to work with?

A I love Tom Waits. I've gotten to sing with a lot of my idols and it's been really great, but sometimes you don't want to work with people you admire.

Q Are you afraid of being disappointed?

A I don't feel like I would really add much. Maybe I could play some piano, but I like his piano playing… I would love to work with somebody like Beck. I feel like he's somebody who is interesting and always trying new things.

Norah Jones

Entertainment in brief

SWIFT RETURNS Fresh off her triumph at the Country Music Association Awards, Taylor Swift has netted a deal to create a line of greeting cards. American Greetings Corp. CEO Zev Weiss says Swift's abilities as a storyteller and songwriter make her a natural for writing cards that will appeal to all ages. The company said that cards, gift wrap, stationery, online greetings and other related products overseen by Swift will begin appearing in the spring.
THE ASSOCIATED PRESS

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Andrew Lloyd-Webber back in hospital

After undergoing surgery for prostate cancer, Andrew Lloyd Webber is back in the hospital due to an infection, The Daily Mail reports. According to the Mail, the composer will remain hospitalized for two to three days while receiving treatment. POPEATER.COM

Workology in **brief**

HILTON-B.E.P Black Eyed Peas manager Liborio Molina has written an apology to gossip blogger Perez Hilton. The apology is part of an agreement that led to an assault charge against Molina being dropped yesterday in court. The charge came after Molina allegedly punched Hilton outside a Toronto nightclub after the MMVAs in June. THE CANADIAN PRESS

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A Muslim take on Punk

They've got bands named Vote Hezbollah and Secret Trial Five. They're Iranian-Texans and Vancouver-based lesbian Pakistanis; one is the converted son of a white supremacist wife-beater. They pump their fists into the air and chant "Allahu Akbar!"

Taqwacore's devotees take inspiration from a novel by an American convert to Islam.

Taqwacore opens in Calgary on Friday

They're punk Muslims.

Huh? That was Omar Majeed's first reaction, too. He's a Montreal filmmaker whose new documentary, Taqwacore: The Birth of Punk Islam, hits theatres in Montreal and Toronto this week.

"It kind of blew my mind," says Majeed of the sub-culture. "I kept thinking to myself, 'Wow, if I'd only known about this when I was a teenager.'"

Majeed found the scene as he pondered what it meant to be a Muslim in the wake of the Sept. 11 terrorist attacks. He wanted to hear voices different from the Muslim fundamentalists often seen in the media, or the "mainstream Muslim organizations that were basically just saying, 'Muslim is all good, peace and love' and all that stuff."

Most Muslims, Majeed believed, were somewhere in the middle and, he says, "I felt that voice hadn't been represented yet."

The director says he's never been particularly religious, but was turned on to the novel The Taqwacores, by American convert Michael Muhammad Knight. Knight, who was raised by a racist father and an abused mother, created a radical bunch of Muslim misfits to populate his book, only to find that a whole community of real Muslim youth had embraced it and turned fiction into fact.

Majeed hooked up with Knight and travelled across the U.S. and Pakistan as the punks tried to spread their message and get gigs for their bands.

Majeed says Muslims and punks are both among the most stereotyped people around, though the religion has many variations: "Really, Islam is what you make of it, depending on the context."

Punk isn't about a specific type of music or fashion either, he notes. "Punk is an attitude, first and foremost. Punk is about questioning everything. So when you're talking about spirituality and punk, I think what you're doing is saying one can embrace spirituality but without having to relinquish the ability to question and do it in your own way."

THE CANADIAN PRESS

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	245	306 6 CBRT	Wheel-Fortune	Jeopardy! (N)	Up Against the Wall (N)		The Border "Bride Price"		CBC News: The National		The Hour
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	520	505 35 DISC	Life "Fish" (N)		MythBusters		Daily Planet		Life "Mammals"		Life
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	294	650 40 WPCH	Law & Order: SVU		*Just Friends* ★★ (2005, Romance-Comedy), Amy Smart				The Office	*Just Friends* ★★ (2005)	
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	627	528 46 SPACE	Primeval		Eureka (N)		InnerSpace (N)	Stargate SG-1		Star Trek: Next Gener.	
	-	- 47 AMC	(6) *The Green Mile* ★★★ (1999, Drama) Tom Hanks, David Morse.						*Outbreak* ★★ (1995, Suspense)		
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	570	580 101 MM	You Can Dance		Love Court	Instant Star	My Date With...	MuchNew	One Tree Hill		The Shift
	581	566 102 MTV	Real World-Road Rules		Twilight: Moon	News Special	MTV Live	Sex, News-Roll	Peak Season	After	Twilight: Moon
	-	- 116 TV5	Envoyé spécial			Cité guide	TV5 Le Journal	Vous aurez le dernier mot			Photo suisse

critics' corner

Bones
Always a bit of a lone wolf, Booth (David Boreanaz) is forced to make some adjustments when his grandfather (guest star Ralph Waite, "The Waltons") comes to live with him and tags along as he and Brennan (Emily Deschanel) investigate human remains that were found by a real estate agent showing a property to prospective buyers. Michaela Conlin and TJ Thyne co-star in the new episode "The Foot in the Foreclosure." 9 PM on KAYU

Fringe
A peculiar abduction in Boston leads the Fringe team to uncover details of the mysterious man known as The Observer (guest star Michael Cerveris). Walter, Peter and Astrid (John Noble, Joshua Jackson, Jasika Nicole) analyze unusual evidence and deal with Walter's insatiable appetite for milkshakes in the new episode "August." 10 PM on ACCESS. KAYU

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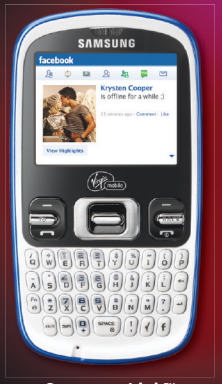

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Virgin mobile™/MC

Canola crop problem growing

Alberta farmers say the U.S. is stopping an increasing number of canola meal shipments from Canadian plants at the border over concerns about salmonella bacteria. And they are calling on the federal government to help before the backlog affects the price of the lucrative crop. THE CANADIAN PRESS

Urban Foodie

Calypso no myth

ANDREE LAU
CalgaryUrbanFoodie@gmail.com

Calypso's Taverna
2101 Centre Street N.W., Calgary
(403) 250-5533
calypsostaverna.com

Rating: ⊕⊕⊕⊕
Dinner & drinks for 2: $50

It would take all of the temptress powers of Calypso, a sea nymph in Greek mythology, to make Calypso's Tavern stand out amid the dull strip malls on Centre Street.

But enchantment awaits you inside. Sweep aside memories of dusty fake ivy and gaudy wall murals, this is a modern taverna. Falling into the "eyes bigger than stomach" category, we tackle the appetizer platter for two ($28).

Trying to finish this epic tray of fried calamari, prawns dripping in butter, oversized squares of spanakopita (phyllo pastry baked with spinach and feta), and soutzoukakia (meatballs in spicy tomato sauce) is akin to Sisyphus and his never-ending boulder pushing, although our task is much more enjoyable. My benchmark for Greek restaurants is the kleftiko ($18), and the roast lamb here is superb. The juicy, tender meat falls off the bone. The side of roasted potatoes is perfect: crisp on the outside, and softly infused with lemon on the inside.

The Greek salad that's a choice with each entree has no lettuce filler, just refreshing hunks of lightly dressed vegetables and creamy chunks of feta.

Calypso's Taverna finally proves that delicious and generous Greek food can be had for a great value in our city.

On the web

- Get recipes and more great food content at metronews.ca/recipes

ANDREE LAU/FOR METRO CALGARY

Appetizer platter ($28) from Calypso's Taverna.

Global Peasant blog

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out metronews.ca/globalpeasant for her newest Green Split Pea Soup recipe

Dining out

FARM BRUNCH
Enjoy a three-course $45 prix fixe at the scenic Siraia Restaurant (Sirocco Golf Club). Your many choices include calamari steak or half a dozen oysters, followed by B.C. halibut or Australian lamb chops, and two desserts.

GOURMET TO GO
Bring the gourmet Italian of Capo (1420-9th Ave SE) home with takeout orders Tuesday to Saturday 11:30 a.m.-6 p.m. Wow your family with ricotta gnocchi and lobster Americaine sauce.

METRO CALGARY

In brief

GRAPE ESCAPE
The Calgary Co-op's annual wine, beer and spirits festival is on Friday and Saturday, 5-9 p.m. at the BMO Centre. $40 tickets are available at Calgary Co-op liquor stores.

GET SPICY Based in Calgary, the Silk Road Spice Merchant (silkroadspices.ca) is your online stop for unusual or hard-to-find ground spices, herbs, chiles. Their spice sets are a great gift idea for any home cook and will make a great holiday choice — and you don't even have to leave your couch to send them.

METRO CALGARY

Underwood to remain a hometown gal for now

Things are going well for Carrie Underwood and hockey boyfriend Mike Fisher — but not well enough for the two to shack up, people.com reports. "No, call me old-fashioned. He's there. I'm here," the country star said. METRO NEWS SERVICES

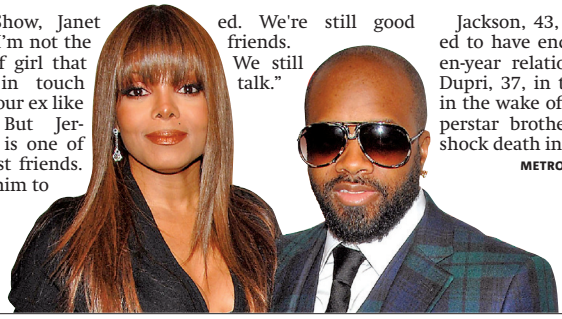
Celebrity Buzz

Janet confirms rumoured split

THAT'S THE WAY LOVE GOES Janet Jackson has confirmed she has split from boyfriend Jermaine Dupri, femalefirst.co.uk reports.

The singer — who was first rumoured to have separated from the music executive in July — admitted she didn't keep in touch with any of her ex-lovers apart from Dupri during a U.S. radio interview.

Speaking on Atlanta's Bert Show, Janet said: "I'm not the type of girl that stays in touch with your ex like that. But Jermaine is one of my best friends. I love him to death. We're still connected. We're still good friends. We still talk."



Jackson, 43, was reported to have ended her seven-year relationship with Dupri, 37, in the summer in the wake of her pop superstar brother Michael's shock death in June.

METRO NEWS SERVICES

Locklear a diva on set?

ART IMITATING LIFE Since joining the cast of the new Melrose Place, original series star Heather Locklear hasn't been making life easy for her co-workers, according to the National Enquirer. "Heather's creating a lot of drama with her diva antics. It's making our lives miserable," a source says, adding that as a late addition to the show, Locklear feels pressure to improve the show's floundering ratings. "She's insecure and on edge. The responsibility is weighing heavily on her."

METRO NEWS SERVICES

Celebrity tweets

Diablo Cody is tough to live next to sometimes, Harry Potter star Tom Felton is easily disappointed, Dita Von Teese gets her jollies any way she can, and Adam Lambert calls out the editor of Out Magazine for calling him out first.

• @diablocody If you're my neighbor, I'm sorry if a giant dead rat just flew into your yard at about 80 mph. Don't ask. I'm sorry we panicked.

• @TomFelton i hate when u make a cup of tea and then u forget to drink it whilst its hot & then u have a gross cold tea left that isn't drinkable!

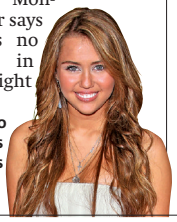
• @DitaVonTeese Blocking people on Twitter ALMOST satisfies my desire to have appeared as a guest judge on The Gong Show.

• @adamlambert Dear Aaron, it's def not that deep. Chill! Guess ya gotta get attention for the magazine. U too are at the mercy of the marketing machine.

METRO WORLD NEWS

I'm no Twilight fan, says Cyrus

UNLESS SHE GETS OFFERED A ROLE, PERHAPS? There's at least one teenager not going nuts over New Moon, and it's Miley Cyrus. The Hannah Montana star says she has no interest in the Twilight series.



METRO NEWS SERVICES

J.Lo ex claims safety fears

DON'T MESS WITH LA LOPEZ Ojani Noa claims he's been living in fear ever since he attempted to sell a book and intimate home videos of him and ex-wife Jennifer Lopez.

"She's having him followed," his manager tells Life & Style Weekly. We just ran the license plate of the car, and it goes directly back to Jennifer Lopez. Ojani's scared."

Noa's lawyer adds, "We have some concerns right now about the personal safety of Ojani. We believe he's under surveillance by someone. He's had death threats."

METRO NEWS SERVICES

Twilight star 'invisible' to LA bouncer

TARDY FOR THE PARTY He may be famous to millions of Twilight fans, but Kellan Lutz wasn't recognized by security at the after-party for the New Moon premiere in L.A. this week, as he was initially denied entrance, according Page Six.

"He just snapped at the bouncer after a few seconds," a source says. "It looked like things were getting physical between them." Lutz reportedly turned to the amassed fans for help, yelling to the crowd outside, "They won't let me into my own party." After chants of "Let him in!" began, the bouncer relented.

METRO NEWS SERVICES

Fiddy's tattoo blues

SUFFERING FOR HIS ART Rapper 50 Cent finally found the one thing that would make him go through with laser tattoo-removal surgery: waking up early. "I took 'em off," he says of his arm tattoos, according to Showbiz Spy.

"I've been on a few acting projects and my call time is four hours before the regular acting talent because of the tattoos," he says.

METRO NEWS SERVICES

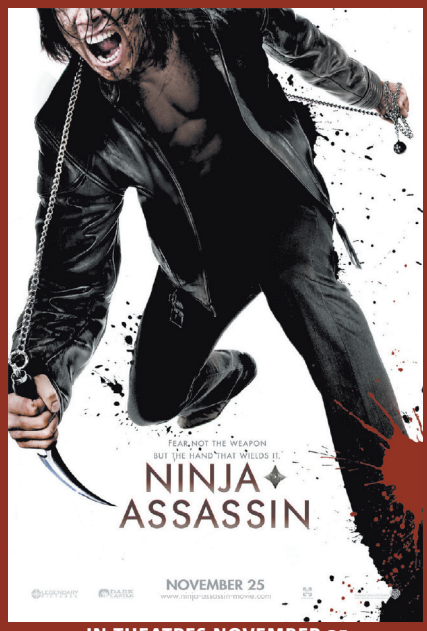
Cage 'already in debt': Ex-manager

HE SAID, HE SAID Nicolas Cage's former business manager has filed a cross complaint says a report.

Samuel J. Levin insists the Con Air star was already in deep debt when he hired him in 2001.

METRO NEWS SERVICES

YOU COULD WIN
A DOUBLE PASS TO AN ADVANCE SCREENING OF



IN THEATRES NOVEMBER 25

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metro

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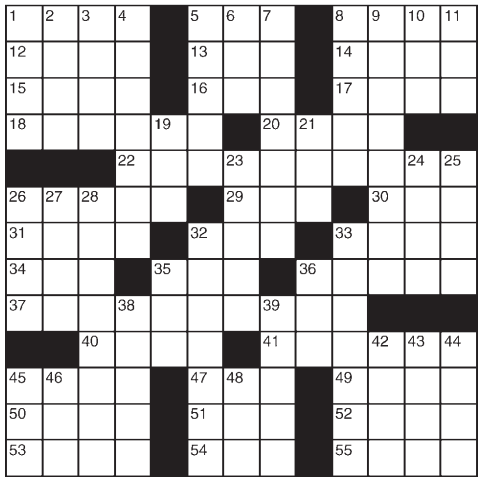
BREAKFAST TELEVISION

Today Mostly sunny. 6 C / -3 C
Friday Mostly sunny. 9 C / -4 C
Saturday Morning clouds. 3 C / -4 C

Andrew Schultz, Meteorologist — Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."
WEEKDAYS AT 6 A.M.

Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	7	2	8					
3				5				8
				7				6
4		7			1		3	
5	3						8	1
	9		4			5		2
2				6				
1				9				4
					4	3	6	

ACROSS

1 Church service
5 Life story, for short
8 Money
12 Norway's capital
13 Bobby of hockey
14 Out of the storm
15 Authentic
16 "My Gal —"
17 Charged bits
18 Tribe known for their rugs
20 Swiss river
22 Visiting casually
26 Happy companion?
29 Praise in verse
30 Historic time
31 "Sad to say, ..."
32 Pair
33 Advanced math
34 Zero
35 "Eureka!"
36 Alan Ladd classic
37 Failing
40 Werewolf's inspiration
41 Extremely tiny
45 God, in Guadalajara
47 Unsettling noise
49 Sneaky trick
50 Top-notch
51 List-ending abbr.
52 Summertime desserts
53 Purchases
54 Shad product
55 Immediately following

DOWN

1 Sunup time
2 Cruising
3 Czech, Serb or Pole
4 Comforts
5 — buddy
6 George's brother
7 Florida tourist mecca
8 Egypt's capital
9 Skin cream ingredient
10 Congress addr.
11 "— a real nowhere man, ..."
19 Behar of The View
21 Time of your life?
23 Davenport dweller
24 Sportscaster Andrews
25 Anger
26 "Phooey!"
27 A little of everything
28 Certain breakup payment
32 Roaring sound
33 Add
35 Past
36 Prepared
38 Face parts
39 Take to the floor
42 Cinderella's horses, really
43 Holm oak
44 "— Si Bon"
45 Slight amount
46 Debtor's letters
48 "Who am — judge?"

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

2	9	4	7	3	1	5	6	8
5	7	3	2	8	6	1	9	4
8	6	1	9	4	5	2	3	7
9	3	5	8	6	2	4	7	1
6	2	8	1	7	4	3	5	9
4	1	7	3	5	9	8	2	6
1	8	2	6	9	3	7	4	5
7	4	6	5	2	8	9	1	3
3	5	9	4	1	7	6	8	2

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

ALICIA McAULEY

Chicken Parmesan

Submitted by Samantha Denham, Toronto

INGREDIENTS:
4 chicken breasts
3/4 cup flour
3/4 cup breadcrumbs, with handful of grated Parmesan cheese mixed in
2 eggs beaten, add 1 tbsp water
1 cup grated cheese (mix of half mozzarella, half Parmesan)
2 tbsp olive oil
1 cup marinara sauce
1/2 package spaghettini

METHOD:
1. Pound chicken breasts flat with a mallet. Coat with flour, then dip in egg mixture, then coat with breadcrumbs, pressing the breadcrumbs into the chicken.
2. Boil water and cook pasta.
3. In an ovenproof pan, heat olive oil. Over high heat, cook chicken on each side for 2 minutes until golden. When all four are done, keep chicken in pan and cover generously with cheese mixture. Then pour the marinara sauce over chicken.
4. Bake for 15 min at 350 F, until cheese is bubbly.

SERVES 4
PREP TIME: 10 MINUTES
COOK TIME: 10 MINUTES

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Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
If your instincts tell you one thing today but everyone else tells you something different, then you must trust your instincts.

TAURUS ♉
APRIL 21-MAY 21
Cosmic activity in your chart means you'll sense when something is about to happen well before anyone else. That gives you an advantage. Use it.

GEMINI ♊
MAY 22-JUNE 21
Your task today is to become an equal partner with the planets in shaping your destiny. Go with the flow but make the flow work for you.

CANCER ♋
JUNE 22-JULY 22
You may daydream about having no family or financial worries, but why imagine it when, with a bit of effort, you could make it happen for real?

LEO ♌
JULY 23-AUG 23
You know what needs to be done and you know if you don't make a start soon the chance to change your life for the better could pass you by.

VIRGO ♍
AUG 24-SEPT 22
The influence of Mars in one of the more outgoing areas of the sky is helpful for taking risks, but only if they are of the calculated variety.

LIBRA ♎
SEPT 23-OCT 23
You may have serious things to do today but you can still have fun while you are doing them. In the next 24 hours, find ways to get the best of both worlds.

SCORPIO ♏
OCT 24-NOV 22
You may not be the type to wear your heart on your sleeve but you need to be more open emotionally and today's Venus-Mars link will help.

SAGITTARIUS ♐
NOV 23-DEC 21
The cosmic trend dominating your life at the moment is so positive that you have nothing to worry about, but for some reason you still fear the worst.

CAPRICORN ♑
DEC 22-JAN 20
Cosmic activity may make you feel that if you don't do something now the chance will pass you by. It won't — it will be there tomorrow just like today.

AQUARIUS ♒
JAN 21-FEB 18
You'll find it easier to be assertive today, but don't be assertive just for the sake of it. Work with people who share your aims and ambitions.

PISCES ♓
FEB 19-MARCH 20
Someone you work with or do business with will make the proverbial offer you cannot refuse today. Don't hesitate — say "Yes" immediately.

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This day in history

1493: Christopher Columbus goes ashore on an island he first saw the day before. He names it San Juan Bautista (later renamed Puerto Rico).
1969: Apollo 12 astronauts Pete Conrad and Alan Bean land at Oceanus Procellarum(the Ocean of Storms) and become the third and fourth humans to walk on the Moon.
1969: Soccer player Pelé scores his 1,000th goal.
1990: Pop group Milli Vanilli are stripped of their Grammy Award because the duo did not sing at all on the Girl You Know It's True album. Session musicians had provided all the vocals.

METRO NEWS SERVICES

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Take Five

Lamb Lollipops

INGREDIENTS:
1 rack of lamb (8 chops)
Lamb caul fat or prosciutto
250 ml (1 cup) baby arugula
75 ml (5 tbsp) extra-virgin olive oil
4 cloves garlic
90 g (3 oz) toasted pine nuts
Juice and zest of 1/2 lemon
Salt and pepper, to taste

METHOD:
1) In a food processor, place arugula, olive oil, garlic, pine nuts, lemon juice and zest and process until smooth.
2) Cut rack of lamb into chops and wrap bones in foil to prevent browning.
3) Place 5 ml (1 tsp) of the pesto on piece of spread-out caul fat or prosciutto.
4) Season each chop with salt and pepper, place on pesto and wrap caul fat or prosciutto around chop.
5) Place on a baking sheet and roast at 230 C (450 F) for 3 to 5 minutes or until fat is tight around chop.

MAKES 8 CHOPS AND 250 ML (1 CUP) PESTO

Metro Recipes of the Day

RYAN PFEIFFER/THE CANADIAN PRESS

RYAN PFEIFFER/THE CANADIAN PRESS

Lamb lollipop, left, with arugula and pine nut pesto and Phyllo, right, wrapped brie with carmelized shallots.

Phyllo-Wrapped Baked Brie

INGREDIENTS:
1 shallot, finely minced
125 ml (1/2 cup) red pepper jelly, divided
3 sheets phyllo dough
125 ml (1/2 cup) melted unsalted (clarified) butter
125 ml (1/2 cup) sliced almonds sliced
1 small wheel of brie or Camembert

METHOD:
1) Preheat oven to 190 C (375 F).
2) In a saute pan, sweat shallot until it starts to caramelize, keeping temperature low.
3) Lay out one sheet of phyllo on a work surface; brush evenly with butter. Lay a second sheet on top and repeat until you have three layers.
4) Place cooled shallot mixture in the middle of the phyllo sheets. Place brie on top of shallot mixture. Wrap sides and bottom and flip over.
5) Bake for 15 to 20 minutes until golden brown. Let cool for 15 minutes before slicing. Garnish with remaining jelly.

MAKES 8 SERVINGS

Cranberry Duck Scones

SCONE INGREDIENTS:
375 ml (1 1/2 cups) all-purpose flour (approx)
30 ml (2 tbsp) sugar
6 ml (1 1/4 tsp) baking powder
1 ml (1/4 tsp) baking soda
2 ml (1/2 tsp) salt
125 ml (1/2 cup) cold unsalted butter
125 ml (1/2 cup) dried cranberries, chopped
125 ml (1/2 cup) buttermilk (approx)

METHOD:
1) In a large bowl, sift together flour, salt, sugar, baking soda and baking powder.
2) Cut in butter. Add buttermilk and mix until just combined.
3) Turn out dough onto a floured work surface and knead dough until it comes together, then roll out to about 5 mm (1/4 inch) thick.
4) Cut out small rounds of dough about 2.5 cm (1 inch) in diameter and place on a cookie sheet.
5) bake at 190 C (375 F) until golden brown and risen.

DUCK INGREDIENTS:
Duck must be prepared several days ahead
5 duck breasts
125 ml (1/2 cup) salt
5 thyme sprigs
Zest of 2 oranges
Small jar fig jam
125 ml (1/2 cup) sprouts or greens
250 g (1/2 lb) gorgonzola

METHOD:
1) Trim off any visible silver skin. Dust with salt and lay thyme sprigs and orange zest on flesh side. Sandwich breasts between two trays and press with weights for 1 day.
2) Rinse and dry breasts and place in refrigerator for 2 to 3 days until dried. To serve, slice breast very thinly across the grain.
3) To assemble, slice scones in half and place on a baking sheet. Place fig jam on bottom layers, place small sprouts or greens on jam and top with a slice of duck. Place a slice of gorgonzola on top and melt in 180 C (350 F) oven (watch carefully so it doesn't scorch).
Place tops on scones and serve warm.

MAKES 12 SCONES

THE CANADIAN PRESS

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